Hafa Adai!

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Vietnam War vets accorded honor

By ERWIN ENCINARES and KIMBERLY A. BAUTISTA
erwin_encinares@saipantribune.com
kimberly_bautista@saipantribune.com
REPORTER

▲ The Marianas High School Chorus sings the U.S. national and the CNMI anthems during the Veterans Day ceremony at the American Memorial Park last Saturday. ERWIN ENCINARES

See more photos on Page 17

It took more than 40 years since the end of the Vietnam War but its veterans finally took center stage and were honored with other veterans last Saturday at the celebration of Veterans Day at the American Memorial Park.

Gov. Ralph DLG Torres, who gave welcoming remarks at the ceremony, also expressed gratitude to the Veterans of Foreign Wars Post 3457.

The Office of Delegate Gregorio Kilili C. Sablan (Ind-MP) presented Vietnam War veterans with certificates of recognition, including several key government members such as Rep. Lorenzo Deleon Guerrero (Ind-Saipan), Saipan Mayor David

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Man arrested for alleged sex assault

» Girl found after going missing for 2 days

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

A 15-year-old girl who was reported missing in Koblerville last Thursday night was recovered by police the following day and resulted in the arrest of a 22-year-old man.

Peter Fritz Lizama was arrested for sexual assault of a minor.

Lizama

Police recovered the girl in Koblerville on Friday at 10:12am, according to acting police spokesman Lt. Jason Tarkong.

He said an anonymous person called 911 to report that the missing girl was walking in Koblerville. Police found the girl and brought her home.

See MAN on Page 4

Shrestha is the 2017 Top Chef

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The title of 2017 Top Chef went to Laxmi Shrestha, the chef and owner of Everest Kitchen, who beat out 11 other chefs last Thursday to take the title in the competition held at the

See SHRESTHA on Page 4

Everest Kitchen's Laxmi Shrestha makes final touches to her dessert at the 2017 Next Top Chef competition last Thursday at the Fiesta Resort & Spa Saipan. KIMBERLY A. BAUTISTA

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The United States and South Korea on Saturday started joint naval exercises.
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LIFE & STYLE
Kristen Stewart's directing ambitions go all the way back to when she was an 11.
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Local

Benavente nomination to head DOL draws support

By ERWIN ENCINARES
erwin_encinares@saipantribune.com
REPORTER

Staff and management of the Department of Labor as well as several other members of the public have expressed support for Gov. Ralph DLG Torres' bet for his new Labor secretary during the Senate's public hearing last week.

Torres appointed Julia Victoria Benavente as secretary of Labor in mid-September 2017.

Several key management employees of DOL expressed their support for Benavente during the public hearing held by the Senate Committee on Executive Appointments and Governmental Investigations.

"On behalf of the staff and management of [DOL], we come before [the Senate] to speak with one voice," said Gil M. San Nicolas, DOL director for labor enforcement and compliance. "In the very short time that [Benavente] has been appointed acting secretary of Labor, she has proven her leadership to all the staff and management and the department, inclusive of Rota and Tinian. Our message…is very simple: we ask that you appoint [Benavente] to be our next secretary of labor," he said.

Benavente's appointment also garnered the support of the Saipan Chamber of Commerce, the Northern Marianas Business Alliance Corp., and the Governor's Strategic Economic Development Council through Alex Sablan, who chairs several of these organizations.

Benavente

"She has complete understanding of the issues related to creating jobs and putting U.S. citizens in the workplace first," said Sablan.

Rep. Angel A. Demapan (R-Saipan), who also supported Benavente, referred to her appointment as a "very sound and wise decision."

"…It is important that we have leadership in our department that is in charge of overseeing [our workforce and labor needs]. The leadership of the Commonwealth [government] is focusing its energy on labor needs. My heart is comforted and consoled knowing that DOL has this wonderful opportunity to be led by a very capable, intellectual, and hardworking dedicated public servant," he said.

Sen. Teresita Santos (R-Rota) wishes that if confirmed, Benavente will have an "initiative to address" the unemployment rate in the CNMI to "avoid an exodus of our people leaving the islands for the lack of work opportunities here."

Santos applauded Benavente's plans to "establish an alliance" with the Northern Marianas College, the Northern Marianas Technical Institute, the Public School System, the Latte Training Academy, and the private sector in building the CNMI workforce.

"[I wish that Benavente] would work closely with our Tinian and Rota counterparts to improve our labor departments and workforce in those senatorial districts," she said.

According to committee chair Sen. Francisco Cruz (R-Tinian), both Saipan Mayor David M. Apatang, and Rep. John Paul Sablan (R-Saipan) have supported and testified for Benavente in written testimonies.

The committee will now come up with a standing committee report to present to the Senate body at their next session before Benavente is officially confirmed as labor secretary.

Bordallo mourns passing of ex-Merizo mayor

WASHINGTON, D.C.— Delegate Madeleine Z. Bordallo (D-GU) issued the following statement last week on the passing of former Merizo mayor Ignacio "Buck" Cruz.

"I am deeply saddened by the passing of former Merizo Mayor Buck Cruz. Buck was a dear friend and a dedicated public servant for the people of Merizo and our entire island. As a survivor of the occupation of Guam during World War II, Buck was a member of Guam's greatest generation, and he served our country with distinction, attaining the rank of master gunnery sergeant in the U.S. Marine Corps. He was a strong advocate for seniors, our environment, and culture, and I will always remember his leadership during my husband Ricky's administration. I join our entire community in mourning Mayor Buck Cruz's passing. I extend my condolences to his family and loved ones. He will be deeply missed but memory will live on through all who knew him." ***(PR)***

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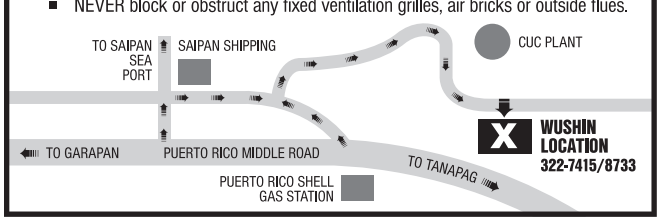

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PSS to review commissioner's job description

By BEA CABRERA
bea_cabrera@saipantribune.com
REPORTER

While the CNMI education commissioner post is vacant, the Public School System finds it the perfect moment to review the position's job description.

This is with the goal of ensuring that there will be no quick turnover for the position in the future, according to Board of Education chair Marylou Ada.

"Currently, associate commissioner (for Administrative Services) Glen Muña is acting COE until we sit and review the publication of job vacancy announcement duties and responsibilities because this kind of thing is what we really want to avoid."

"We want to employ continuity and stability in PSS and this [is] created when there is consistency in policies and procedures. If every year we have to change that, it will create a lot of confusion on what is coming down the pipelines," she added.

Former education commissioner Cynthia Deleon Guerrero was let go nearly two weeks ago, just days before marking her first year of getting hired for the job.

"We have to review, evaluate, and look at the past so we can avoid making the same mistakes and work on for the future. For the commissioner position, we don't have a fixed list of candidates," Ada said.

"There's nobody on our list that we are definitely going to hire. It's going to be announced. We have no notion or idea as to who we want to hire. We are going to evaluate the list and we will go from there," Ada added.

As required by law, the tenure of the education commissioner is four years. It is an "at will" employment, which means whoever gets hired can be cut terminated from the position by the board any time.

Deleon Guerrero served one year into her contract as commissioner and will no longer serve the remainder of her contract.

"A new contract will be given to the incoming commissioner so there will be no 'taking over' to Deleon Guerrero's unserved years. The contract between PSS and Cynthia Deleon Guerrero has ended so we are moving on to another chapter," Ada said.

Once the board publishes the job vacancy announcement for the commissioner post, everyone is welcome to apply.

"There are a number of qualifications required but the most important is you have to have experience running a school at a supervisory level or at least have an experience being a teacher."

"It is important that the applicant understands the needs of the school because you are going to be taking over an organization with 2,000 employees. That's why one has to have supervisory skills and this will play into your role as COE. We also require a masters degree or Ph.D. in education," she added.

Ada hopes the board hires a new COE before the year ends.

"As it is, we are moving forward. We are pushing forward in trying to bring highly qualified teachers, to be on target with our graduations, all testing requirements and other things we need to do for 2018."

"We are very positive looking at 2018 and it will be a very good year for the PSS," she added.

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WAR VETS

From Page 1

M. Apatang, and former senator Pete Reyes.

Apatang, who vividly recalls the experience, said that Vietnam War veterans were never accorded the honors that most military service members get today.

"Back in the '70s, when we came home, there was no welcoming or any kind of recognition," he said.

He said the recognition and honor that they are finally receiving means a great deal to them.

Apatang has never shared his experiences of the war but he said that he knows the hardships every veteran has faced and the belated recognition helps them feel like the hardships they have faced weren't for nothing.

Torres, who asked last Saturday for a "moment of silence" to remember those that have fallen for freedom, said it is the nation's veterans that are credited for the freedoms that everyone enjoy today.

"[Those are freedoms] our veterans fought for…hundreds of years ago, and that is what our armed forces are fighting for today—to continue that freedom that we have," he said,

U.S. District Court for the NMI Chief Judge Ramona Manglona, who was the keynote speaker, honored those that have fallen since 1776.

"It was the first battle that occurred that created our first veterans," said Manglona, moving also honored tghe veterans of the Civil War, World Wars I and II, Korean War, Vietnam War, and "the war against terrorism."

"We are the beneficiaries of this vigilance and determination to uphold the democratic beliefs that we and our nation is founded," she said, adding that the U.S. is "blessed like no other country."

"To all those who have faithfully served, to those that are saving today, and to the families and friends that have stood by your side each day, we salute you and we thank you," she said.

Veterans and Military Affairs Office executive director Oscar Torres, himself a veteran, said: "We stagger at the eternal debt we owe to the untold number of American veteran who chose to set aside their personal ambitions and dreams to assure the wellbeing of our great nation. … We, the living, are indeed the beneficiaries of those who made tremendous sacrifices for the advancement and surety of our liberty."

Apatang said the Vietnam War may be over, but many of his comrades continued to suffer, years after the war.

More, they were never recognized since they returned home. "Back in the '70s, when we came home, there was no welcoming or any kind of recognition," said Apatang.

The Vietnam War left many veterans traumatized, he said.

"That resulted in a lot of issues for a lot of Vietnam War vets. We suffered. Up until now, a lot of us continue to suffer, whether medical issues, post-traumatic stress disorders, or other issues," he said.

According to Apatang, many of his fellow servicemen have passed on due to the many mental issues caused by the war.

"It's been a long time since the war and we were never recognized. A lot of Vietnam War vets committed suicide. I think we got the highest rate of suicide because we didn't get treatment, we didn't get attention," said Apatang.

He said the recognition they have finally received means a great deal to them.

"For us Vietnam War vets, we were treated like stepchildren because the Vietnam War wasn't a popular war. Finally, we're getting recognized for the things that we have done," he said.

"As a Vietnam War vet, I never discussed my experiences but I served two years in Vietnam and being in the war, it's not easy. There are a lot of things that you think about at the end of the day and it just makes your mind turn over," said Apatang.

"It still makes my stomach turn over and my hairs stand but it's about time we got some recognition, at least a certificate or something, that recognizes our service," said Apatang.

Apatang was only one of the dozens of Vietnam War veterans who received the recognition they long deserve last Saturday at the American Memorial Park.

Dozens of Vietnam War veterans line up to receive their certificates of recognition last Saturday at the American Memorial Park during the Veterans Day ceremony.

KIMBERLY A. BAUTISTA

MAN

From Page 1

Tarkong said police learned from the girl that she was with an adult male the past two days.

Police located the suspect, identified as Lizama, who confirmed that he was with the girl during the time she was reported missing. Lizama was then arrested.

Tarkong said that police responded to a missing person incident at Koblerville Housing number 11 last Thursday at 9:09pm.

Police learned that the girl did not return home from the day before, Wednesday.

Police investigation showed that the girl was seen leaving her house on Wednesday at 3pm. The girl told her mother she was going to her 15-year-old female friend's house on Tinaktak St. in Koblerville. The mother told her to be back home before dark.

At 10:12pm that night, Wednesday, the girl's sister received a text from the girl, saying she will be sleeping overnight at her friend's house.

The next day, Thursday, the girl's mother learned from her 16-year-old daughter that her 15-year-old sister did not attend school that day.

Family members attempted several times to locate and contact the girl, but there was no response.

Tarkong said police confirmed that the girl never visited or slept at her friend's house or attended school on Thursday.

The Department of Public Safety issued an Amber alert early Friday morning. An Amber Alert is a child abduction alert system.

The report did not mention whether Lizama and the girl have a relationship.

SHRESTHA

From Page 1

Fiesta Resort & Spa Saipan in Garapan.

Shresta, who expressed shock and astonishment at her win, was awarded the 2017 Top Chef trophy, along with $1,000. She said the money would be invested in Everest Kitchen to further enhance it.

A total of 12 chef contestants came head to head for the title of 2017 Top Chef in the competition put together by the Empty Vessel Ministry Foundation and Hotel Association of the Northern Mariana Islands.

Kensington Hotel's Joon Su Park came in second place and was awarded $500, while third place was awarded to Vicente Montoya of Fiesta Resort & Spa Saipan, who was awarded $300.

The other contestants were Paul Enriquez of Pacific Islands Club Saipan, Antonio Agulto Jr. of Hyatt Regency Saipan, independent chef Rolly Gayosa, Kevin Piol of the Northern Marianas Trades Institute, Sonny Encarnacion of Fiesta Resort & Spa Saipan, Emmanuel Pancha of Mariana Resort & Spa, Ronald Gabionza from NMTI, Richard Meimban from Grandvrio Resort Saipan, and Christopher Coronongan from the Saipan World Resort.

All contestants were given certificates of participation and consolation prizes.

The competition started with two appetizer rounds, a main course round, and the dessert round.

According to Shrestha, participating in the competition was already a prize in itself. To be able to showcase her skills and learn new techniques from the other chefs was enough for her.

Shrestha, who was rendered speechless by her win, said no words could possibly describe how she feels about winning the competition.

One of the judges, Ken Stewart, Tool of the Trade Guam general manager, said that this year's competition showcased natural talent and passion. "Everybody had an excitement here and they were able to execute well," he said.

According to Empty Vessel Ministry Foundation founder Rose Smith, the event was a great success and the turnout was impressive. "We are very grateful to everyone who contributed or participated in making this year's event a success. Tickets were sold out," said Smith. "Everyone helped wholeheartedly and we are grateful. We are happy and looking forward to next year."

Proceeds raised from the event will go to funding the projects and programs of the Empty Vessel Ministry Foundation.

Everest Kitchen opened in 2014.

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Camacho takes oath for second term on the bench

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Superior Court Associate Judge Joseph James Norita Camacho took his oath for a second six-year term on the bench in a garden ceremony at the Fiesta Resort & Spa Saipan on Friday at noon.

"It is an honor and a privilege to serve as a judge. I humbly extend my gratitude to the people of the CNMI for their overwhelming support," Camacho said.

A total of 80 percent of CNMI voters voted "yes" to Camacho's retention on the bench during the November 2016 election.

He was nominated and confirmed in November 2011. His first term expired last Friday.

At the brief ceremony last Friday, Gov. Ralph DLG Torres administered Camacho's oath. The judge's wife, Viola Alepuyo, their son Ulen, and Alepuyo's mother, Delgadina, were present.

Camacho said that judges take an oath to follow the constitution and the law.

"To give each case the attention it deserves, and decide the case on the law and the facts presented in the courtroom, to be fair and impartial and not be swayed by improper public pressure, passion, sympathy, prejudice or bias," Camacho said.

In his first term, Camacho presided over 30 jury trials and 64 bench trials, for a total of 94 trials for crimes ranging from murder to sexual assault and abuse, robbery, kidnapping, assault with a dangerous weapon, burglary, theft, and trafficking illegal drugs.

Camacho also sat as a justice pro-tem in a total of 19 appellate hearings before the CNMI and Guam supreme courts.

In the six-year period, he presided over several thousands of hearings involving criminal, civil, traffic, probate, juvenile, family court, and adoptions.

He issued 112 published opinions.

Camacho claims credit for streamlining court proceedings and removing unnecessary delays.

"Most cases are resolved in a few months instead of years. Court orders and opinions are issued quickly," he said. "I make myself available to law enforcement officers to review arrest and search warrants any time—day or night."

He has taught college-level constitutional law courses at the fire academy, volunteers for the "Judges in the Classroom" program, and talks to students about legal concepts and issues.

Off the bench, Camacho has been part of the high school and junior high school mock trial programs in the CNMI for over 15 years now.

Superior Court Associate Judge Joseph James Norita Camacho takes his oath for his second six-year term on the bench before Gov. Ralph DLG Torres during a brief ceremony at a garden of the Fiesta Resort & Spa Saipan on Friday noon. Also in the photo are Camacho's wife, Viola Alepuyo, their son Ulen, and Alepuyo's mother, Delgadina.

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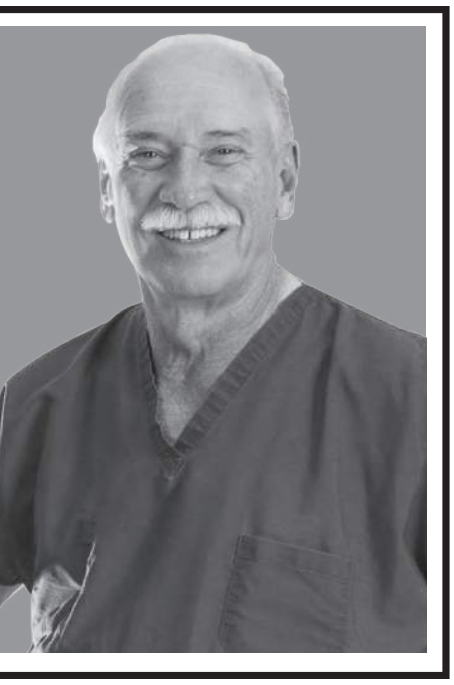

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US House conference committee OKs H-2B fix

WASHINGTON, D.C.—Delegate Madeleine Z. Bordallo (D-GU) said Friday that House and Senate conferees have reached a consensus on a provision in the National Defense Authorization Act for Fiscal Year 2018 that would help resolve Guam's H-2B visa crisis.

Bordallo, as the ranking member of the House Armed Services Committee's Readiness Subcommittee, is a member of the conference committee.

The provision adopted by the conference committee—which was reconciled from the differences between the House and Senate versions of the NDAA—extends Guam's exemption from the national H-2B visa cap until 2023 and would allow up to 4,000 H-2B visas per year to be approved for Guam.

The provision further provides clear flexibility for the U.S. Customs and Immigration Services to approve H-2B visas for prime contractor or subcontractor services or labor required for construction, repair, renovation, or facility services directly connected to, or associated with, the Marine realignment.

The conference agreement must be approved by the full House and Senate before it is presented to President Trump for enactment.

"USCIS' nearly 100 percent denial of H-2B visa applications for Guam has strained our economy and negatively impacted our ability to meet labor demands.

"While this is not a full solution for all business sectors, it does provide some relief to meet construction demands inside and outside the gate.

"Furthermore, I am hopeful the Trump administration will work with me on this broader solution and fulfill President [Donald J.] Trump's personal commitment to Gov. [Eddie] Calvo this past weekend to resolve Guam's non-defense H-2B visa shortages." ***(PR)***

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TIME: 18:00, DEC. 8, 2017
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Apply now for a service academy nomination

Delegate Gregorio Kilili C. Sablan (Ind-MP) is once again accepting applications for nominations to the U.S. service academies. The deadline to apply for a congressional nomination is Dec. 8, 2017, for the school year beginning in the fall of 2018.

"Every year, young people in the Marianas have the opportunity to obtain a congressional nomination to attend one of the service academies," Sablan said. "For students who are interested in attaining a fully funded, world-class college education and serving in our nation's armed forces, the educational and career opportunities offered by the service academies are unparalleled."

Service academy cadets and midshipmen graduate as commissioned officers and are committed to serve at least five years in the armed forces thereafter. To be eligible for a congressional nomination and service academy appointment, an individual must be a U.S. citizen, a high school graduate, from 17 to 23 years old, unmarried, with no dependents. Highly qualified applicants should be able to demonstrate a well-rounded record of academic excellence, physical fitness, leadership, and service.

Sablan

Five slots are currently available for Marianas students: two at the Military Academy in West Point, New York; one at the Naval Academy in Annapolis, Maryland; one at the Air Force Academy in Colorado Springs, Colorado; and one at the Merchant Marine Academy in Kings Point, New York.

The congressional office has been conducting a series of service academy outreach sessions at high schools throughout the Marianas since August. In September the congressional office hosted Service Academy Nights on Saipan, Tinian, and Rota that featured presentations by Coast Guard Academy graduates Lt. Christine Igisomar and Lt. Jonathan Girot, as well as video testimonials from Air Force cadets Jordan Butcher and Eufemio Feria, and West Point graduate 2nd Lieutenant Thomas Lee. Army Lt. Col. Lawrence Camacho, who chairs Drexel University's military science department, also presented and answered questions about the Army's Reserve Officer Training Corps program as another option for obtaining a college education and serving in the armed forces.

Sablan expressed his appreciation to all of the military officers and service academy cadets who participated in the congressional office's outreach program this year.

"For young people who are exploring their options, thinking about applying to the service academies and wondering what it's like, there is really nothing like hearing directly from those who have been there and done it," he said.

In addition to offering free informational sessions for high school and college groups upon request, the congressional office can help prospective applicants connect with military academy graduates and cadets to learn more about the admissions process and academy life.

Expanding service academy opportunities was one of Sablan's earliest priorities upon entering office, and he has been able to increase the number of slots reserved for Marianas students from one each at the Air Force Academy, Naval Academy, and Military Academies in 2009, to a total of three each today. The Merchant Marine Academy reserves one slot for Marianas students every year. The Coast Guard Academy's admissions process is competitive nationwide, and does not require a congressional nomination, though the congressman may submit letters of recommendation.

Applications for service academy nominations are available on the congressional office's website, www.sablan.house.gov, and completed applications should be delivered to any of the district offices on Saipan, Tinian, or Rota by Friday, Dec. 8, 2017. For more information, contact the congressional office at 323-2647, email kilili@mail.house.gov, or visit www.sablan.house.gov. ***(MP)***

CNMI Diabetes Prevention and Control Program
#We WALK CNMI
Starting November, the Diabetes Prevention and Control Program in collaboration with the Commonwealth Diabetes Coalition is launching #WeWalkCNMI! We want to encourage families as a whole to participate in something as simple as walking!
COME AND JOIN US IN YOUR PRECINCT:
November 14 - Tuesday 5:30pm-6:30PM Lau lau Pathway
November 14 – Tuesday 5:30pm-6:30PM Kammer Beach Pavilion (Tinian)
November 14 – Tuesday 5:30pm-6:30PM Sinapalo Baseball Field (Rota)
November 16 - Thursday 5:30pm-6:30PM Tanapag Middle School
November 21 – Tuesday 5:30pm-6:30PM Garapan Public Market
November 21 – Tuesday 5:30pm-6:30PM Coral Ocean Point
November 28 – Tuesday 5:30pm-6:30PM Dan Dan Baseball Field
November 30 – Thursday 5:30pm-6:30PM Oleai Pavilion
November 30 – Thursday 5:30pm-6:30PM Kilili Pavilion
live HEALTHY · live HAPPY · fight DIABETES
For more information please call the Non-Communicable Disease Bureau at 236-8710.

Picnic for veterans and families

Close to 100 veterans, active service members, their families and community members were treated to a special picnic on Saturday by Imperial Pacific International through its Corporate Social Responsibility arm and the CNMI Veteran's Affairs Office.

The picnic was held in acknowledgement of the veterans' sacrifices and contributions.

The picnic was held at Micro Beach on Saturday as part of the CNMI's Veteran's Day celebration.

This is the second time that IPI has hosted a picnic to NMI veterans and service members.

Last Saturday's event was also participated by volunteers and cadets from Marianas High School and Saipan Southern High School

There were also games for families and children of veterans that included children's basketball and art café. ***(PR)***

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Collabro confirms RW Manila show

MANILA—Collabro, the successful musical theatre group that won TV's 'Britain's Got Talent' in 2014, will perform for the first time in the Philippines when the group makes its debut at Resorts World Manila on Feb. 26, 2018.

» **Winners of TV's 'Britain's Got Talent' to star on Feb. 26**

The British act is composed of Jamie Lambert, Michael Auger, Matt Pagan, and Tom Redgrave. Their debut album, *Stars*, went to No.1 in the UK and registered double gold in sales. Since then they have released two more studio albums and toured the globe, winning millions of fans in the process.

The boys—currently in the middle of a 29-date UK tour—will showcase their latest album *Home* when they swap the West End stage for the Newport Performing Arts Theater, Resorts World, in a show produced and promoted by Spicy Lemon. News of Collabro's first live show in the Philippines comes just weeks after the group shared the stage with international superstar Lea Salonga at the Lytham Festival in the UK.

"We're all very excited about playing in the Philippines for the very first time," said a band spokesperson. "We're currently touring the UK right now but will be over to Asia in the New Year with shows in Japan before we head over to see our fans in Manila. We'll be performing songs from all three of our albums as well as some other few surprises."

Tickets for the show at Resorts World go on sale soon with full details to be announced by Spicy Lemon, organizers of Bamboo's recent tour of the UK, Ireland, and the Middle East as well as Kamikazee's hugely-popular "Huling Sayaw" concert at the Smart Araneta Coliseum in Manila. ***(PR)***

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Okeanos Marianas swings by Rota and Guam

Sometime before sunset yesterday, Nov. 12, the *Okeanos Marianas*—a traditional Polynesian double-hulled, 50-foot open ocean sailing canoe—was scheduled to arrive on Rota from Saipan.

It will then depart Rota early on the morning of Nov. 14 and is anticipated to arrive in Guam's Hagatna Boat Basin at approximately 8:30am that same morning.

The canoe started its journey from New Zealand on Sept. 20, stopping briefly at New Caledonia, the Solomon Islands, and Chuuk. It arrived on Saipan, its new home, on Oct. 30.

Okeanos Marianas sails to Saipan.

CONTRIBUTED PHOTO

Of the eight crew that were on board for the New Zealand-to-Saipan voyage, three are Saipan residents, including Andrea Carr, Devin Noisom, and John M. Sablan. Also included were voyagers from Fiji, France, and Tahiti. The captain of the New Zealand-to-Saipan voyage was master navigator Peia Petai of the Cook Islands, one of grand master navigator Mau Piailug's students.

The captain of the Saipan-Rota-Guam voyage is Cecilio Raikiulipiy, a nephew of Piailug. Instruments will not be used for this trip, but traditional methods of navigation. The crew includes the Saipan residents from the New Zealand-to-Saipan voyage, as well as crew from Tahiti and Fiji who will be remaining on Saipan for the next six months to train additional crew.

New to the crew for the Saipan-Rota-Guam voyage are Emma and Pete J. Perez, both Guam's familian Gollo, now residents of Saipan.

This vessel is provided by the Okeanos Foundation for the Sea for the purpose of transporting people and cargo between Saipan and neighboring islands in the Northern Marianas. This is being done by creating a commercial entity called Okeanos Sustainable Sea Transport, founded by Emma Perez, managing director; Ray Tebuteb, operations director; and Pete J. Perez, board of directors member, in conjunction with the Okeanos Foundation.

The Okeanos Foundation for the Sea is dedicated to facilitating sustainable, fossil fuel-free sea transportation by building traditional Polynesian canoes or *vaka motus*, applying modern materials to traditional boat-building techniques. Okeanos' *vaka motus* are internationally certified for open ocean commercial use and equipped with solar panels and coconut oil engines. In addition to the vessels, Okeanos provides wages, crew training, operations, insurance, and other services foundational to establishing a local, community-led business model that generates revenue for the people of the Commonwealth while restoring indigenous maritime traditions.

Questions? Check for updates on the Okeanos Marianas Facebook page or contact emma.perez@okeanos-marianas.com.

Here is the url for a short video about the arrival on Saipan from New Zealand: https://www.facebook.com/okeanosfoundation/videos/1760742514229689/.

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Medical referral patient's escort is allegedly assaulted at Guam hotel

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

An unidentified person allegedly assaulted and knocked unconscious a man at the parking lot of a hotel in Guam last March.

The alleged victim, James Quitugua Reyes, is now suing Polaris Guam LLC, which owns Verona Resort and Spa, for negligence over his injuries.

Reyes was escorting a patient who was in Guam for medical referral. The Verona Resort and Spa regularly hosts guests of the CNMI Office of Medical Referral Services.

Reyes, through counsel Joseph E. Horey, asked the Superior Court to hold the hotel liable to pay him damages, interest, and costs of litigation. He demanded a jury trial.

According to the complaint, Reyes' brother-in-law was referred to Guam in March 2017 for medical treatment, pursuant to the CNMI medical referral program.

Reyes travelled with his brother-in-law as a family escort.

Horey said the accommodation for Reyes and his brother-in-law was arranged at the Verona Resort and Spa in Tumon, Guam, by the Office of Medical Referral Services.

On March 10, 2017, at 11pm, while a guest at the Verona Resort, Reyes was standing in the parking lot of the hotel when he was allegedly assaulted by an unknown person or persons.

Reyes was knocked unconscious and was injured. He was taken to the Guam Memorial Hospital, where he was treated for his injuries.

Horey said the parking lot of the hotel where Reyes was assaulted was dimly lit, unattended, and unequipped with any measures protecting the safety of guests using it.

Horey said that Verona is situated in an area "where criminal activity is sufficiently common that the hotel knew or should have known that its existing security measures were inadequate to reasonably ensure the safety of its guests when using the parking lot."

Horey said Verona breached its duty of care to Reyes by failing to provide adequate lighting, security or other reasonable safety measures in its parking lot.

COMMUNITY BRIEFS

PH consulate outreach this week

The Philippine Consulate General in Guam, in coordination with the Office of Honorary Consul Eli Arago, will conduct a mobile consular outreach in the CNMI this week, from Nov. 13 to 17, 2017, at the Pedro P. Tenorio Multi-Purpose Center in Susupe, from 9am to 6pm. Those who wish to renew their passport may submit their application at the Finasisu Terraces, Apartment Building D, second floor (top of the Mini-Mart Store), Monday to Friday, 9am to 5pm (12pm to 1pm, break time). For any inquiry about passport renewal, call Mel Santos at 233-6293. ***(PR)***

Free seminar on marketing tomorrow

The CNMI Small Business Development Center will be offering a free business seminar called "How to Write a Marketing Plan" at the Commonwealth Development Authority boardroom tomorrow, Nov. 14, 2017, from 8:30am to 10am. It will be presented by Nicole Babauta, director/business adviser at CNMI SBDC. To register, contact the CNMI SBDC office at 664-3018 or visit http://pisbden.ecenterdirect.com/events. ***(PR)***

FOA meeting at Everest Kitchen on Wednesday

The Friends of the Arts will hold its first member meeting in two years on Wednesday evening, Nov. 15, from 6:30pm to 9pm, at the Everest Kitchen Restaurant, on Micro Beach Road across the American Memorial Park and next to Bridge Capital in Garapan. The meeting will also include musical and thespian entertainment. Meal cost is $15 for adults and $8 for children under 11.

FOA welcomes back its president, Susan Fischman-Tudor, and several new board members this year: Cherlyn Cabrera, Nicole Winegardner, Tucker Baldwin, and Katie Hoyt. Continuing board members include Fischman-Tudor, MariLou Conner, Frank Gibson, Harold Easton, Jody Jordahl, and Neil Fama. Confirm your attendance by email to Gibson at flgibson@yahoo.com or 287-7476. ***(PR)***

Military training at former golf course, Orote Point, FDM

ASAN, Guam—The U.S. military will conduct training at the former Adm. Nimitz Golf Course in Barrigada on Nov. 14, from 8am to 4pm.

The military will also conduct training at Orote Point on Nov. 15, from 9am to 8pm. The training will be contained within the following coordinates: 13° 25' 24"N/144° 38' 15"E.

These trainings are designed to enhance the readiness of military personnel. Residents in surrounding areas should not be alarmed if they see or hear increased activity associated with the trainings.

Training will also take place at the island of Farallon de Medinilla on Nov. 16-18, from 10am to 11:59pm.

It is recommended the public, fishermen and marine tour operators monitor the Coast Guard broadcast notice to mariners for advisories.

The general location of the training on the island of Farallon de Medinilla will be in a 12-nautical mile radius of the island. ***(PR)***

Survivors, caregivers support meeting on Thursday

All people facing cancer, their family members, and caregivers are invited to the next monthly support meeting of the Commonwealth Cancer Association this Thursday, Nov. 16, 2017, starting at 5:30pm at Hyatt Regency Saipan's Giovanni's conference room. Guest speaker will be Phuong Luu, MD, director of Public Health Services, Commonwealth Healthcare Corp. To RSVP or for more information, call the CCA at 682-0050 or email at ccamarianas@gmail.com. ***(PR)***

Sales training for holidays on Thursday

The "Customer Service & Suggestive Selling for the Holidays" training seminar will be conducted this Thursday, Nov. 16, from 9am to 12pm at the Saipan Chamber of Commerce conference room (Marianas Business Plaza, third floor, Suite 315). Registration fee is $50 per person for Saipan Chamber of Commerce members and $55 per person for non-members. Light refreshments are included. To register, call 670-234-7150 or email coordinator@saipanchamber.com. ***(PR)***

Kantan Isla this Friday

The Kantan Isla Music Festival will be held this Friday, Nov. 17 at the Garapan Fishing Base, from 5pm to 11pm. For additional information, call CCA at 322-9982. There would be a raffle drawing and incentives for participating individuals. Ten vendor slots are open for non-profit organizations, families, and churches that want to raise funds. The council will be providing tents but a $25 park and recreation fee is required.

Las Vegas Night this Saturday

The 2017 Rotary Club of Saipan's Las Vegas Night this Saturday, Nov. 18, at the Saipan World Resort's Royal Taga Hall, from 6pm to 12pm. This year the Rotary Club of Saipan will make a donation to the Rotary Club of Las Vegas Nevada to help those in this year's mass shootings. Each ticket is $5 or get five tickets for $20. You can call the Rotary Club of Saipan at 783-6378 for tickets, or visit any of the distribution points at Megabyte, NMPASI, or Paradise Dental. ***(PR)***

TCF to host candle lighting ceremony this Dec.

The Compassionate Friends of Saipan, a family grief support group, will be joining the 21st Annual Worldwide Candle Lighting Service of The Compassionate Friends to honor children, grandchildren and siblings gone too soon.

Candles will be lit on Sunday, Dec. 10, 2017, at 7pm at the Minatchom Atdao pavilion in Susupe, as tens of thousands of bereaved family members, and friends, around the globe join together to light remembrance candles to honor the memories of children who have died.

A virtual 24-hour wave of light moves from time zone to time zone around the world. As candles go out in time zones before us, they will be lit on Saipan and in Guam.

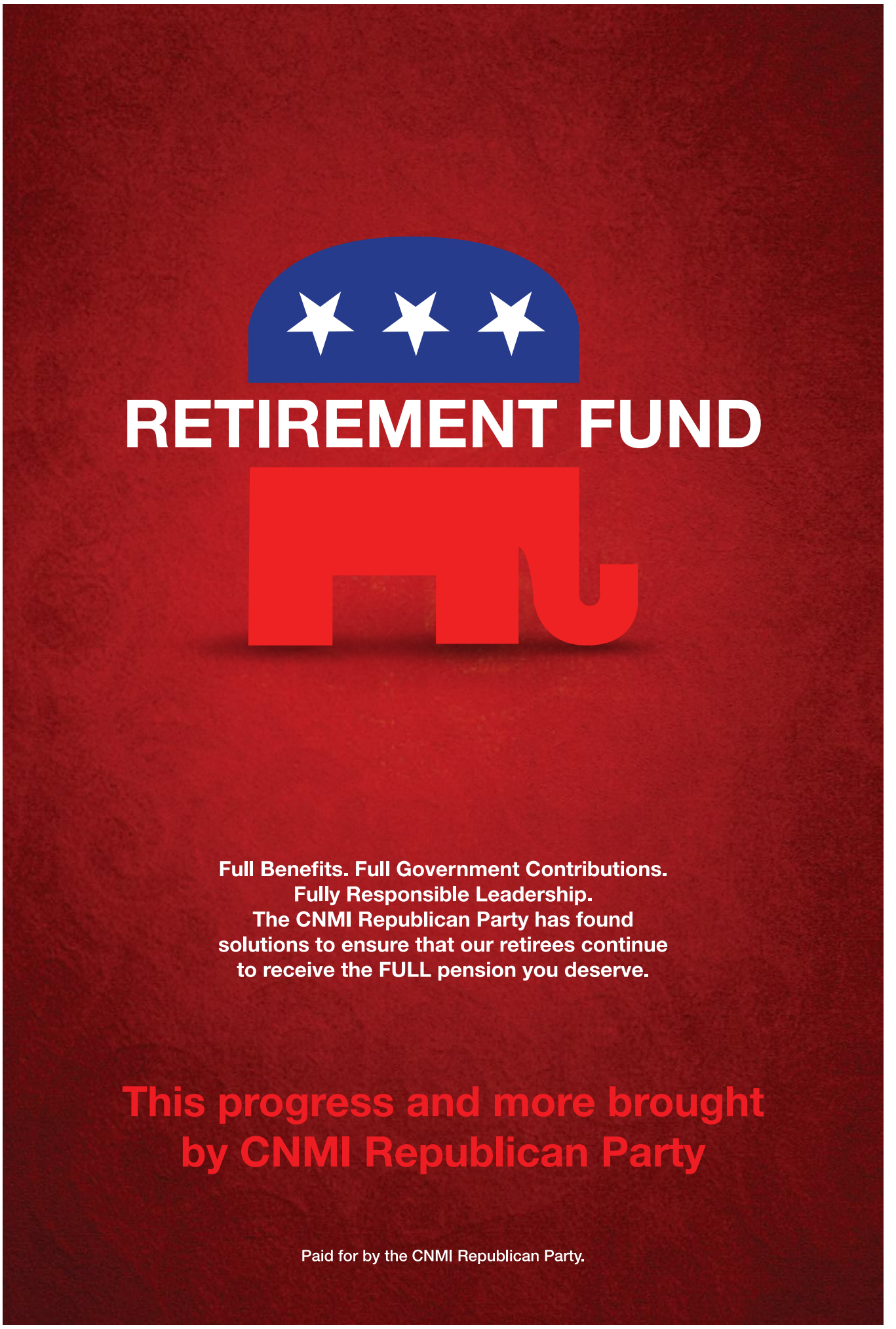
Each family group, or attendee, will have the opportunity to light and hold their own candle, and speak their loved one's names, in remembrance.

If you would like your child's or sibling's photo included in a display, email a photo to nelsonkrum@msn.com before Monday, Dec. 3, 2017.

Please bring your loved one's favorite "finger food" to be shared, along with memories, after the program.

Those unable to attend may participate by simply lighting a candle at home alone, or with friends and family and/or submit a memorial post about a loved one in the Remembrance Book that will be available on the day of the event, at TCF's national website, at http://www.compassionatefriends.org/home.aspx.

Contact tcfsaipan@gmail.com or Jill Derickson (989-9821) for further information. ***(PR)***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Opinion

Hafa Adai!
Saipan Tribune
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Jayvee L. Vallejera EDITOR
editor@saipantribune.com

Mark Rabago ASSOCIATE EDITOR
mark_rabago@saipantribune.com

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EDITORIAL

Activism defines the 2017 vote across the United States

History was made again and again and again on Tuesday.

Elections are measure of where we stand, and in last week's races for statehouses, county seats and city and town halls across the country, voters seemed to be saying: Something has to change.

In choosing new faces, voters broke barriers of all kinds, and that's especially poignant a year after the presidential glass ceiling remained intact. They also threw their support behind groups and issues that have come under attack in the last year—the LGBT community, women, refugees, minority groups, health care, immigration, ethics.

The list of victors is extraordinary in its scope of firsts and in the progress it seems to show.

Among them are Wilmot Collins, a Liberian refugee who became the mayor of Helena, Montana, making him the state's first black mayor. Manchester, New Hampshire, elected its first female mayor in Joyce Craig, who defeated an incumbent. Kathy Tran, Elizabeth Guzman and Hala Ayala were elected to Virginia's House of Delegates, becoming the first Asian-American woman and the first two Latinas to join the body. Also in Virginia, Danica Roem, whose opponent refused to debate her or acknowledge her identity, became the first openly transgender person in the nation elected as a state representative.

Jenny Durkan will be Seattle's first openly lesbian mayor, while Melvin Carter will be the first African-American mayor of St. Paul, Minnesota. Vin Gopal became the first Indian-American elected to New Jersey's legislature. Ravinder Bhalla was elected Hoboken's first Sikh American mayor, despite a host of anonymously produced, racially motivated flyers against him that screamed, "Don't let TERRORISM take over our town."

Meanwhile, in Maine, voters approved a referendum allowing the state to expand Medicaid coverage under the Affordable Care Act, despite opposition from Republican Gov. Paul LePage. On Long Island, Laura Curran was elected the first female Nassau County executive, while Laura Gillen became the first Democrat in a century to win the Town of Hempstead's supervisor slot.

These were, of course, individual races with separate issues and reasons behind voters' decisions. It would be foolish to make grand conclusions about what all this means, but it's equally impossible to see each result in a vacuum, to refuse to feel the connective tissue that links them all in the era of President Donald Trump.

Importantly, there is a new activism, a new engagement with politics emerging. Voters across the country have responded to it, choosing leaders who look and think like them. That's especially important in a time when white nationalism has moved out of the shadows and when, more broadly, an ugly divisiveness threatens to undermine our democratic ideals.

Election Day 2017 will be interpreted and responded to in myriad ways in the coming weeks and months. What's unmistakable, though, is that women aren't just marching in pink hats anymore. Now, they're stepping forward to run for office and actively support candidates who won't accept the politics that seek to move their communities and the nation backward. And that could be the biggest game-changer of all.

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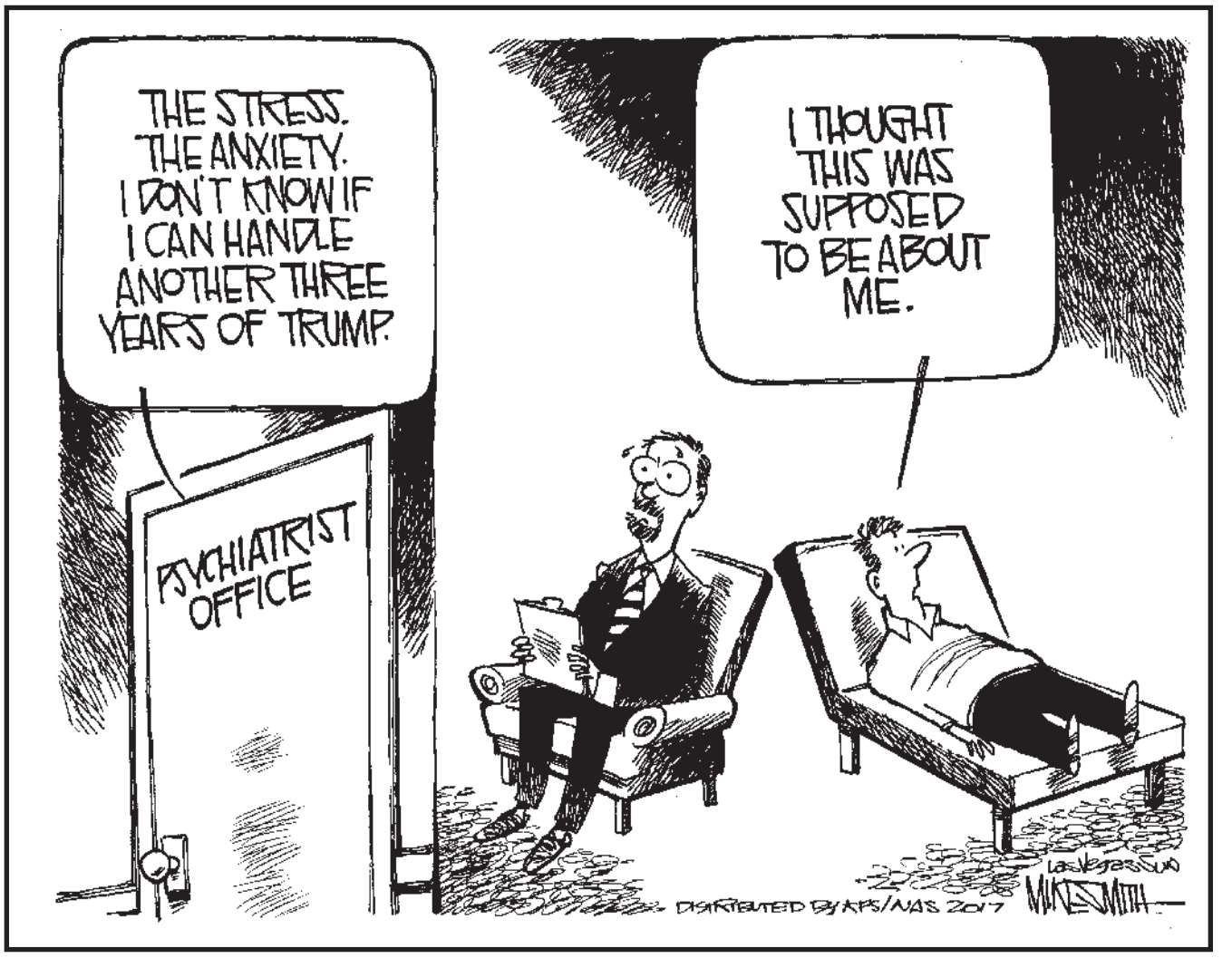
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MIKE SMITH

A letter to my son as he serves his country

By MIGUEL HOWE
The Dallas Morning News

Miguel Howe is a fellow in the military service initiative at the George W. Bush Institute and a retired colonel in the U.S. Army. He wrote this for The Dallas Morning News.

Nick,

When you raised your right hand and swore "to defend the Constitution of the United States against all enemies, foreign and domestic," you not only joined a long line of Americans who have served our nation for over 240 years, but like four generations of Howes, Sapiens, Emmarts and Millers before you, you became the newest member of our "family business."

With that selfless act, you have made your first real adult decision, to place service to others above self. You own something that some spend their entire lives seeking: clarity of purpose. Your mission is clear, to lead soldiers to fight and win our nation's wars. In so doing, you ensure the security, safety and prosperity of the American people, while preserving our freedoms and the global liberal democratic order that millions before you fought and died for. If America does not lead, someone else will.

Service comes in many forms, be humble in yours. It takes supreme self-confidence to move to the sound of the guns while bearing your nation's colors. But, do not allow confidence to become arrogance. Humility is not timidity. Be confident, be fierce, become a master of your new trade, and know that people are also serving in schools, hospitals, businesses and communities across America.

Your service will come with great sacrifice. You are embracing a lifestyle of challenge, struggle and hardship. They don't call it sacrifice for nothing. But in adversity is both opportunity and growth. No profession will sharpen your mind, character and body like the military. While we are extremely proud of you, your mother and I have been to too many funerals and hospital visits to not also be extremely worried. As you will one day learn, nothing is more important to any parent than your health, safety, well-being and happiness. You can't ever make that worry go away, but write, text and call your mom. A lot.

Your eventual family (no rush!) will sacrifice more than you do. You are always answering your calling and following your passion; they will simply choose to love and support you. They will bear the less obvious costs of moves, separations, constant worry, finances and postponement of civilian careers. In choosing this life, you do not choose a path to wealth, but the military is a pathway to a lifetime of opportunity and prosperity.

I am envious of you and the amazing journey you are beginning. While we don't know the specifics of your journey, the elements will be similar to the rest in our family: purpose, belonging, adventure and development of new skills. You will have a community and sense of belonging with those who share the same purpose and mission as you. Ask any veteran, what do you miss most about military service, and the immediate answer is always, "the people." The bond you will share with your fellow warriors is unique, and in some ways more intimate than your own blood.

You will live a life of adventure. My own adventure included: 36 countries in 24 years; patrolling jungles, mountains, deserts, villages and sprawling metropolises. It also included unique moments: hanging out of an airplane marveling at a pod of humpback whales; dodging Malaysian tree vipers; avoiding getting impaled by jagged tree stumps leaping into the Panama Canal from a chopper; eating Christmas dinner on an Ecuadorean jungle mountaintop surrounded by land mines; seeing the purple fingers of Iraqis voting for the first time; feeling the Afghan army commander place his giant hand on my shoulder the morning after we killed Osama bin Laden and whispering in my ear, "We told you he was in Pakistan."

No organization develops leaders and teams like the military. We have no choice; the preservation of our nation is predicated upon it. Early on, you will be entrusted with leadership and management responsibilities unlike any other. You will lead teams, learn to make decisions and handle adversity in the most stressful circumstances on the planet. You will develop technical skills and distinctive capabilities that one day, regardless of how long you serve in uniform, will make you a tremendous asset in whatever endeavor you pursue after the Army.

Your mother and I have worked to instill in you core values of honor, integrity, respect, compassion, patriotism and courage. They will now be reaffirmed and serve as your true north, the moral and ethical compass that will guide you through your journey.

Fully embrace your decision, become your best you, and the best leader and officer that you can be. Make the most of every opportunity, handle every adversity, lead your soldiers well, and care for their families. We are proud of you, we love you, and we will always be here for you.

Dad

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Some Veterans Day advice for Trump (Step 1: Apologize to John McCain)

By ROBIN B. UMBERG AND THOMAS J. UMBERG
The Sacramento Bee

Robin Umberg is a retired army brigadier general and formerly the undersecretary at the California Department Of Veterans Affairs. Thomas Umberg is a former assembly member and retired Army colonel who served in Afghanistan. Reach them at Tumberg@Umbergzipser.Com. They wrote this for the Sacramento Bee.

More than any other person in public life, the president sets the tone for how the military and veterans are perceived. Our current president's relationship with the military and veterans has been quixotic at best.

His first experience with the military led him to later joke that bone spurs allowed him to avoid the shooting war in Vietnam only to fight what he described as his own "personal Vietnam" navigating the New York dating scene of the late 1960s and early 1970s.

Then there's the contrast between his view and that of President George Washington on how those who sacrifice for our country should be treated.

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation," Washington famously noted.

"He's not a war hero. He was a war hero because he was captured. I like people who weren't captured," President Donald J. Trump said, referring to Capt. USN (retired) and U.S. Sen. John McCain.

As Trump marks his first Veterans Day weekend as president, it is in our collective long-term interest that he heeds our first commander-in-chief's admonition about how we treat our veterans and its impact on sustaining an effective military force.

Trump has a lot of work to do.

He made clear in the 2016 presidential campaign that he believed the military and veterans were as incompetent as those who allowed him to avoid the military many years before. The generals, he said then, "have been reduced to rubble, reduced to a point where it is embarrassing for our country."

In fact, "(He) knew more about ISIS than the generals." Less than 18 months ago Trump said: "Our military is a disaster." He assumed that some veterans groups could be duped into being campaign props if merely promised a contribution.

The parents of a young Army captain killed in Iraq were belittled as pawns of the Democratic Party. Then, upon being sworn in as president, those who were promoted to general during the Obama administration instantly were smarter as they became "my generals," "my military." Nearly overnight the military was transformed from a "disaster" to a force capable of inflicting "fire and fury like the world has never seen."

Although he may think them naive, veterans and those on active duty today seem to remember what candidate Trump has said about them. A recent Military Times poll found that 53 percent of Army officers – typically a conservative group – held an unfavorable view of the president.

Regardless of what military officers think of Trump, he will be president and commander-in-chief for the foreseeable future. It is wishful thinking that Trump will take George Washington's wisdom to heart. We have witnessed that honoring our military and veterans does not come intuitively for him.

But for the sake of our military, the nation and our standing in the world, Trump might consider a few simple but perhaps useful steps:

First, apologize to McCain. There is not a single member of the U.S. military, past or present – regardless of party affiliation – who does not think that John McCain was a hero

filled with solemn pride in
the heroism of those who died
in the country's service and
with gratitude for the victory,
both because of the thing
from which it has freed us
and because of the opportunity
has given America to show
her sympathy with peace and
MRYDER

for enduring five-plus years of torture and refusing an early release from captivity.

Don't criticize another Gold Star parent or spouse – even those who may be critical of you. Simply recognize their sacrifice and don't engage in a war of words, particularly in their time of greatest pain.

Do not lie to veterans or their loved ones. If you promise a contribution or a donation to some relative or veterans' charity, do not wait until you are caught to make good on your commitment before fulfilling your promise.

Do not insult the professionalism or morals of the military. Stop suggesting that soldiers will murder innocent civilians if you order them to do so.

Do not undermine the military justice system. Don't attack, for example, the Army colonel/Iraq veteran/military judge whose sentence of former Sgt. Bowe Bergdahl you did not like.

Treat veterans with respect. Not pity.

Finally, stop referring to the services as "my military" or the leadership as "my generals." Those in uniform swore an oath to "support and defend the Constitution" – not any person or even president. The last army that swore an oath to "the leader" was defeated by the Allies in 1945.

Fortunately, we are blessed with young people who are willing to serve no matter who sits in the Oval Office. The first commander in chief understood that this "willingness" is "directly proportional to how they perceive the veterans of earlier wars were treated and appreciated." Are you listening, Mr. President?

Why is appropriate behavior a hard lesson for many men to learn?

By TRICIA BISHOP
The Baltimore Sun

Tricia Bishop is The Baltimore Sun*'s deputy editorial page editor. Readers may email her at tricia.bishop@baltsun.com.*

When news broke last month about Harvey Weinstein's alleged sexual misconduct, I got a bunch of emails from people demanding to know why I hadn't included Bill Clinton in a list of prominent men either outed or punished in the past year for similar behavior.

It's a ridiculous, and revealing, question. Ridiculous because Bill Clinton's transgressions don't fit the year timeline, and revealing because it shows how many people still don't get the scope of the problem, even as the claims mount against more and more men. "You mentioned Donald Trump, why not Bill Clinton!?!"—as if perversion is somehow partisan.

So let me clear things up: Yes, my political party is filled with sexual harassers. My industry is also filled with sexual harassers, as is my childhood religion and my city, state and country.

But so are yours. That's how big and how bad this is.

You know what's not filled with sexual harassers? My gender.

Sure there are some weaselly women; I was harassed by a female line cook at a Baltimore restaurant years ago, and you may remember former Ravens cheerleader and socialite Molly Shattuck's assault on a teen boy. But they're the exceptions to the rule. Men are the main perpetrators: Democrat, Republican, entertainer, priest, neighbor, journalist. Even when the targets are other men.

They're the ones who most need to get it, yet some don't even when they're admitting it.

Kevin Spacey's pathetic "I don't remember trying to assault a 14-year-old boy 30 years ago, but I'm sorry if I did, and by the way I'm a gay man" Twitter post in response to allegations by actor Anthony Rapp is classic. "What?" He seems to ask with a shrug. "I was horny and drunk. This is totally normal behavior in that circumstance."

Forcing a kiss on a colleague at an office party? Totally normal.

Unzipping your fly during a closed door meeting? Absolutely fine.

Brushing an arm across a breast "by accident"? A-OK.

No. No. No.

If you're a straight man, imagine Kevin Spacey doing any of those things to you. Seem OK now? And if you're a gay man, well, imagine me. Same point.

Appropriate behavior seems a hard lesson for many men to learn, for reasons my female brain cannot fathom. As I'm in a helpful mood, let me break it down in very simple terms. Just as you shouldn't say every little thing that pops into your head, you shouldn't act on every little sexual urge that pops into your pants.

Does that help?

Don't misunderstand: I don't want to get in the way of the rare case of true love blossoming at the office, I just want to slow it down so the logical next step isn't pinning him or her into a passionate embrace, but maybe inviting the person out socially to get to know the person better.

Seems reasonable.

Of course that will require some men to disabuse themselves of the fantasy that every smile is a come-on and the possibility for passion lurks around every corner.

A few weeks ago, L.A. Times columnist David Horsey wrote a piece about how women need to know that not all men are alike, and certainly no one in his close circle of dozens of "accomplished" men "would harass a woman at work or sexually exploit a woman under his supervision."

How naive—first in thinking women needed this bit of wisdom from him (Gee, thanks! I had no idea most men were decent guys because, obviously, I'm female and therefore unable to judge the world based on my particular range of experiences!) and secondly in thinking his group is somehow wholly above it.

It's funny how you can ask most any woman about sexual impropriety, and she's experienced it; but ask many men, and they've never even seen it. It's a selective blindness.

Mr. Horsey, incidentally, was forced to apologize last week for a column claiming White House spokeswoman Sarah Huckabee Sanders is not good looking enough for Donald Trump, describing her as a "slightly chunky soccer mom."

But he gets it, right?

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY
Partly cloudy with a slight chance of showers. East winds 10 to 15 mph.
▲89° ▼78°

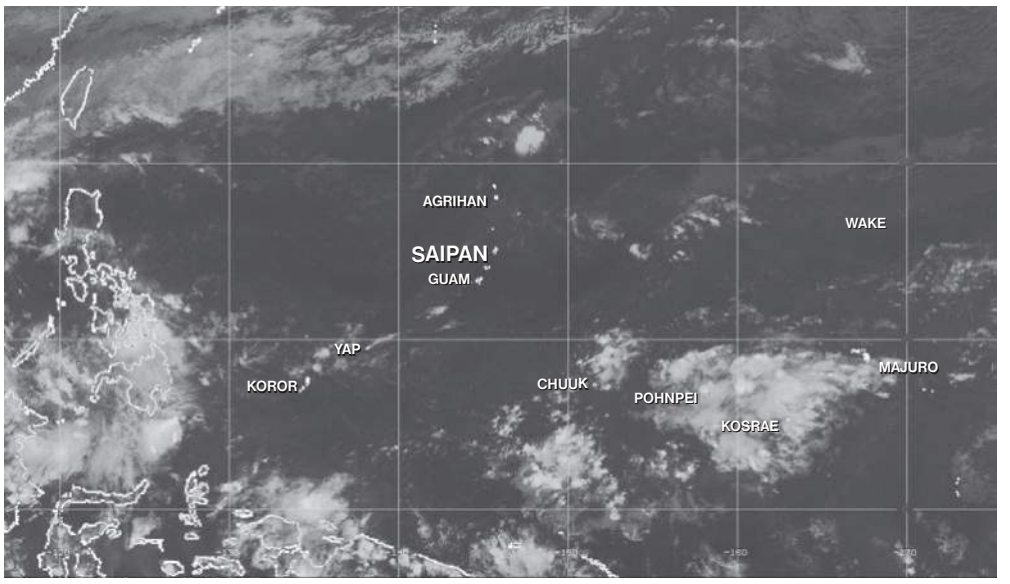
TUESDAY
Mostly cloudy with isolated showers and a slight chance of thunderstorms. East winds 10 to 15 mph.
▲89° ▼78°

WEDNESDAY
Mostly cloudy with isolated showers and a slight chance of thunderstorms.
▲88° ▼78°

THURSDAY
Mostly cloudy with isolated showers.
▲88° ▼78°

FRIDAY
Partly cloudy with isolated showers.
▲88° ▼78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 6:24 AM, SUNDAY, NOVEMBER 12, 2017
Western North Pacific between equator and 25N from 130E to 180.

No major changes from previous forecast. A fairly dry, benign pattern looks to continue for the next couple of days. Latest model guidance still shows a weak circulation moving through to the south of Guam Tuesday. This is expected to bring a band of convergence across the Marianas by Tuesday evening which could bring a round of increased clouds, showers and possibly thunderstorms to the Marianas. Maintained forecast for isolated showers and a slight chance of thunderstorms for now, though scattered showers are a possibility from Tuesday night through Wednesday night. By Thursday, dry conditions will return to the islands.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	86° / 79°
Palau	Thunderstorms	84° / 77°
Yap	Thunderstorms	85° / 79°
Chuuk	Thunderstorms	86° / 80°
Pohnpei	Thunderstorms	86° / 77°
Kosrae	Thunderstorms	86° / 77°
Majuro	Thunderstorms	85° / 81°

AROUND THE GLOBE		▲ ▼ °F
Auckland	Mostly Sunny	66° / 55°
Beijing	Sunny	46° / 23°
Hong Kong	Partly Cloudy	82° / 73°
Honolulu	Partly Cloudy	83° / 73°
London	Sunny	45° / 36°
Los Angeles	Sunny	74° / 57°
Manila	Partly Cloudy	90° / 77°
Melbourne	Rain	79° / 57°
Miami	Partly Cloudy	81° / 75°
New York	Showers	53° / 45°
Osaka	Showers	63° / 50°
Paris	Mostly Sunny	46° / 34°
Busan	Partly Cloudy	61° / 37°
Rome	Rain	54° / 41°
Salem	Partly Cloudy	69° / 45°
San Francisco	Showers	59° / 44°
Seoul	Sunny	50° / 34°
Tokyo	Partly Cloudy	66° / 52°
Washington, DC	Showers	52° / 44°

NMI CRIME STOPPERS
Anonymous tips can now be submitted through the following:
- Call 234-7272 (PARA) on any telephone
- *11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPAN HARBOR TODAY		FEET
3:00 AM	HIGH TIDE	1.44
9:30 AM	LOW TIDE	0.30
4:21 PM	HIGH TIDE	1.94
10:54 PM	LOW TIDE	0.62

DAY	SUNRISE	SUNSET
Today	6:17 AM	5:44 PM
Tuesday	6:18 AM	5:44 PM
Wednesday	6:18 AM	5:44 PM
Thursday	6:19 AM	5:44 PM
Friday	6:19 AM	5:44 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	1:39 am	2:19 pm	-
Tuesday	2:32 am	3:01 pm	-
Wednesday	3:23 am	3:41 pm	-
Thursday	4:12 am	4:21 pm	-
Friday	5:02 am	5:02 pm	-

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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FLIGHT SCHEDULE AS OF NOVEMBER 6, 2017

DEPARTURES

SAIPAN-GUAM (GUM)

UA6394	4:15am	5:05am	Daily
UA6392	8:40am	9:30am	Daily
UA6391	1:30pm	3:10pm	1, 4, 5, 7 via Rota
UA6390	2:20pm	3:10pm	2, 3, 6
UA6398	6:05pm	6:55pm	Daily
UA6396	9:50pm	10:40pm	Daily

SAIPAN-ROTA (ROP)

UA6391	1:30pm	2:05pm	1, 4, 5, 7

ROTA (ROP)-GUAM (GUM)

UA6391	2:35pm	3:10pm	1, 4, 5, 7

SAIPAN-NARITA (NRT)

DL297	4:15pm	7:05pm	Daily

SAIPAN-BUSAN (PUS)

7C3451	3:10am	6:10am	1, 7
7C3451	4:00am	7:05am	4, 5

SAIPAN-SEOUL (ICN)

TW308	2:00am	6:05am	2, 3, 4
OZ626	2:10am	6:00am	1
TW308	2:35am	6:20am	6, 7
OZ626	2:50am	6:40am	2, 3, 4, 5, 6, 7
7C3403	4:45am	8:30am	Daily
LJ652	3:40am	7:30am	1, 4, 5, 7
7C3401	4:00pm	7:45pm	Daily

SAIPAN-SHANGHAI (PVG)

3U8648	6:10am	8:30am	1, 4, 5, 7

SAIPAN-HANGZHOU (HGH)

JD396	7:00am	10:25am	1
JD396	4:50pm	8:15pm	4

SAIPAN-NANJING (NKG)

XP889	4:45pm	10:30pm	3, 5, 7

SAIPAN-GUANGZHOU (CAN)

3U8646	4:20am	7:30am	2, 6

SAIPAN-BEIJING (PEK)

MU764	1:30am	6:35am	3, 5, 7

SAIPAN-MANILA (MNL)

OZ626/701	2:10am	10:55am	1 via ICN
OZ626/701	2:50am	10:55am	2, 3, 4, 5, 6, 7 via ICN
UA6394/191	4:15am	9:00am	2, 3, 6, 7 via GUM
UA6394/PR111	4:15am	8:10am	7 via GUM
UA6394/PR111	4:15am	9:20am	1, 3, 4, 6 via GUM
UA6398/183	6:05pm	9:40pm	2, 5 via GUM
UA6398/183	6:05pm	9:50pm	1, 3, 4, 6, 7 via GUM
UA6398/193	6:05pm	11:50pm	2, 5 via GUM-ROR

SAIPAN-HONG KONG (HKG)

HX077	2:00am	5:00am	1, 4
OZ626/721	2:10am	11:50am	1 via ICN
OZ626/721	2:50am	11:50am	2, 3, 4, 5, 6, 7 via ICN
UO43	5:45am	8:40am	1, 3, 5, 7
UA6398/159	6:05pm	11:00pm	1, 3, 5, 6 via GUM

ARRIVALS

GUAM (GUM)-SAIPAN

UA6393	2:45am	3:35am	Daily
UA6395	7:15am	8:05am	Daily
UA6391	12:10pm	1:00pm	1, 4, 5, 7
UA6390	12:10pm	1:50pm	2, 3, 6 via Rota
UA6397	4:45pm	5:35pm	Daily
UA6399	8:30pm	9:20pm	Daily

GUAM (GUM)-ROTA (ROP)

UA6390	12:10pm	12:45pm	2, 3, 6

ROTA (ROP)-SAIPAN

UA6390	1:15pm	1:50pm	2, 3, 6

NARITA (NRT)-SAIPAN

DL298	10:30am	3:00pm	Daily

BUSAN (PUS)-SAIPAN

7C3452	9:00pm	2:10am+1	4
7C3452	9:05pm	2:10am+1	3, 6, 7

SEOUL (ICN)-SAIPAN

7C3402	9:30am	3:00pm	Daily
TW307	7:45pm	1:00am+1	1, 2, 3
OZ625	7:40pm	1:00am+1	7
TW307	8:05pm	1:35am+1	5, 6
OZ625	8:20pm	1:40am+1	1, 2, 3, 4, 5, 6
LJ651	9:10pm	2:40am+1	3, 4, 6, 7
7C3404	10:10pm	3:40am+1	Daily

SHANGHAI (PVG)-SAIPAN

3U8647	10:20pm	4:30am+1	3, 4, 6, 7

HANGZHOU (HGH)-SAIPAN

JD395	8:10am	3:30pm	4
JD395	10:05pm	5:30am+1	7

NANJING (NKG)-SAIPAN

XP888	9:35pm	4:00am+1	1, 4, 6

GUANGZHOU (CAN)-SAIPAN

3U8645	7:40pm	3:00am+1	1, 5

BEIJING (PEK)-SAIPAN

MU763	4:25pm	12:30am+1	2, 4, 6

MANILA (MNL)-SAIPAN

UA182/6395	12:40am	8:05am	3, 6 via GUM
UA190/6397	9:55am	5:35pm	2, 3, 6, 7 via GUM
OZ702/625	12:30pm	1:00am+1	7 via ICN
OZ702/625	12:30pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
PR110/UA6395	10:05pm	8:05am+1	2, 3, 5, 6, 7 via GUM
UA192/6395	10:30pm	8:05am+1	2, 5 via ROR-GUM
UA184/6395	10:55pm	8:05am+1	1, 3, 4, 6, 7 via GUM

HONG KONG (HKG)-SAIPAN

OZ722/625	1:15pm	1:00am+1	7 via ICN
OZ722/625	1:15pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
HX076	5:20pm	12:30am+1	3, 7
UO42	6:50pm	1:45am+1	7
UO42	9:30pm	4:25am+1	2, 4, 6
UA116/6395	11:55pm	8:05am+1	1, 3, 5, 6 via GUM

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, LJ Jin Air, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express, XP XTRA Airways; ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The* Saipan Tribune *is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	7:30AM	8:00AM	Daily
1302	11:30AM	12:00PM	Daily
1303	4:00PM	4:30PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	8:15AM	8:45AM	Daily
3102	1:45PM	2:15PM	Daily
3103	4:45PM	5:15PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15PM	12:45PM	Daily

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	1:00PM	1:30PM	Daily

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00AM	7:15AM	Daily
1202	8:00AM	8:15AM	Daily
1203	9:00AM	9:15AM	Daily
1204	10:00AM	10:15AM	Daily
1205	11:00AM	11:15AM	Daily
1206	12:00PM	12:15PM	Daily
1207	1:00PM	1:15PM	Daily
1208	2:00PM	2:15PM	Daily
1209	3:00PM	3:15PM	Daily
1210	4:00PM	4:15PM	Daily
1211	5:00PM	5:15PM	Daily
1212	6:00PM	6:15PM	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2102	7:30AM	7:45AM	Daily
2103	8:30AM	8:45AM	Daily
2104	9:30AM	9:45AM	Daily
2105	10:30AM	10:45AM	Daily
2106	11:30AM	11:45AM	Daily
2107	12:30PM	12:45PM	Daily
2108	1:30PM	1:45PM	Daily
2109	2:30PM	2:45PM	Daily
2110	3:30PM	3:45PM	Daily
2111	4:30PM	4:45PM	Daily
2112	5:30PM	5:45PM	Daily
2113	6:30PM	6:45PM	Daily

2017 Next Top Chef

Ronald Gabionza of the Northern Marianas Technical Institute places the final touches to his appetizer at the 2017 Next Top Chef competition last Thursday at the Fiesta Resort & Spa Saipan.

KIMBERLY A. BAUTISTA

Fiesta Resort & Spa Saipan's Vicente Montoya plates his dessert at the 2017 Next Top Chef competition last Thursday at the Fiesta Resort & Spa Saipan.

KIMBERLY A. BAUTISTA

The 2017 Next Top Chef finalists pose for a photo with the judges during the 2017 Next Top Chef competition last Thursday at the Fiesta Resort & Spa Saipan.

KIMBERLY A. BAUTISTA

Kensington Resort Saipan's Joon Su Park plates his dessert during the 2017 Next Top Chef competition last Thursday at the Fiesta Resort & Spa Saipan.

KIMBERLY A. BAUTISTA

CRIME OF THE WEEK

Shell gas station robbery

Crime Stoppers is seeking the public's help for a robbery incident that occurred at the Shell gas station in Koblerville village.

On Thursday, Nov. 9, 2017, at about 9:56pm, police responded to the incident and met with two victims, employees of the Shell gas station. The victims were robbed at knifepoint by the suspect and over $600 was stolen.

Police learned from the victims (females, ages 25 and 33) that the suspect, described as a male wearing a red cloth that masked his face, khaki camouflage long-sleeved shirt, and a matching pair of pants, approached the store as they were about to close. One of the victims attempted to close and lock the front door. The suspect, armed with a silver pocketknife, forced his way through the front door, robbed the establishment and fled on foot. No one was injured.

DPS and Crime Stoppers need your help. Please contact the Crime Stoppers hotline at 234-7272 should you want to remain anonymous or use its website at www.nmicrimestoppers.net. Crime Stoppers pays up to $1,000 for any information leading to an arrest. It pays to call. ***(Crime Stoppers)***

COMMONWEALTH HEALTHCARE CORP.
COMMONWEALTH OF THE NORTHERN MARIANAS
Established October 2011
CHCC HEALTH & WELLNESS FAIR
CHCC parking in front of Public Health
Saturday, November 18, 2017
7 am - 12 pm
Free services including:
- Child car seat inspection
- Blood glucose & Blood pressure
- Physical Therapy Dept info & demonstrations
- Family Planning services & counseling
- HIV/STD screening & counseling
- Free condoms
- Oral cancer screening & Fluoride varnish
- Pharmacy Dept for medication questions
- Physical activities
- Child developmental screening
- Mental health promotion & education
- WIC Program info & recipes
- Vaccinations
- Cooking demonstrations
- Games and SO MUCH MORE!
Family fun!
Informational booths!
Health Demonstrations

Man evacuated from Kiribati in medical emergency

HONOLULU—A 39-year-old citizen of Ecuador arrived in stable condition at the Queen's Medical Center on Thursday, after being medically evacuated 1,353 miles from Kiribati to Hawaii by the U.S. Coast Guard.

Miguel Alberto Devena was safely transported aboard a Coast Guard Air Station Barbers Point HC-130 Hercules fixed-wing airplane on a four-hour flight to the air station where local emergency services personnel were waiting to transfer him to Queen's Medical Center in Honolulu.

"With the largest area of responsibility in the Coast Guard, we rely heavily on our air station crews when conducting medical evacuations or search and rescue missions throughout the Pacific," said Chief Petty Officer Casey Robert, a command duty officer at the Coast Guard Joint Rescue Coordination Center in Honolulu. "This case illustrates the importance of the worldwide rescue coordination center network by quickly and effectively getting mariners to a higher level of medical care."

Watchstanders at the Joint Rescue Coordination Center Honolulu received a request from Rescue Coordination Center Madrid in Spain for assistance regarding a man who experienced severe trauma to his leg while working aboard the 256-foot Ecuadorian flagged fishing vessel San Andres.

JRCC contacted the duty flight surgeon who recommended a medevac via Coast Guard aircraft. It was also recommended a Spanish interpreter as well as a health services technician accompany the crew to provide in-flight care.

U.S. COAST GUARD/PETTY OFFICER 3RD CLASS AMANDA LEVASSEUR

Petty Officer 1st Class Luis Garcia, a Coast Guard operations specialist and Spanish interpreter, gathers information about the injured man being medically evacuated from another crewmember of the vessel San Andres, while at the airport in Christmas Island, Republic of Kiribati, Nov. 9, 2017.

The San Andres was initially located 247 miles southeast of Kiribati on the high seas when they contacted RCC Madrid. The Spanish master of the vessel transited to Kiribati to await the Coast Guard crew, before resuming fishing for tuna.

JRCC Honolulu is located at the Coast Guard 14th District and has responsibility for search and rescue across 12.2 million square miles of the Pacific Ocean to include the main Hawaiian Islands, Guam, Saipan, and American Samoa extending out in all directions.

The Coast Guard is the world's premier maritime search and rescue agency, ready to answer the call for help, even in the vast and remote regions of the Pacific Ocean. According to the International Seafood Sustainability Foundation as of November 2017, the Western and Central Pacific Ocean, home to the "tuna belt," provides about 53 percent of the global tuna supply, worth billions. ***(USCG)***

Commonwealth of the Northern Mariana Islands
Office of the Secretary of Public Works
2nd Floor Oleai Joeten Commercial Center, Saipan, MP 96950

INVITATION FOR BIDS
DPW-18-IFB-001

INREPAIR OF CHAINLINK FENCE AND ERODED PORTION LIBWOTMERHA PLACE

Governor Ralph Dlg. Torres and Lt. Governor Victor B. Hocog, through the Department of Public Works (DPW) are soliciting sealed bids for **Repair of Chainlink Fence and Eroded Portion Libwotmerha Place, Tanapag**, Commonwealth of the Northern Mariana Islands (CNMI).

The project package will be available on or after **October 30, 2017** at Technical Services Division, Department of Public Works, located on Second Floor, Oleai Joeten Commercial Center, San Jose, Saipan. A non-refundable payment of **Fifty Dollars ($50.00)** is required for each set. Payment must be made to the CNMI Teasurer and a receipt of payment must be presented when obtaining the Scope of Work at the DPW Technical Services Division.

All interested bidders are also required to include Insurer Clearance Certification (ICC) in their bid packages in order to bid on this project. The ICC can be obtained at the Department of Commerce/Office of the Insurance Commissioner (OIC) on Capitol Hill.

Bidding procedures shall be in full compliance with the CNMI Procurement Regulations currently in effect."

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITUES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

There will be a M**andatory Pre-bid Conference** for this project on **November 15, 2017, 9:00 a.m. local time** at Project Site, Saipan. The Prospective bidders are encouraged to familiarize themselves with the site. All questions regarding this project must be submitted in writing no later than 4:30 p.m. local time on **November 20, 2017** to **Mr. Anthony A. Camacho, Director of Technical Services Division**, 2nd Floor, Oleai Joeten Commercial Center, Saipan or fax to (670) 234-3547. Response to questions shall be shared with prospective bidders.

Prospective bidders should examine and review the invitation for bids with care. If it should appear to a prospective bidder that the performance of the work under the contract or any of the matters relative thereto is not sufficiently described or explained in the invitation for bids, or that any discrepancy exists between different parts of the invitation for bids, or that full intent of the invitation for bids is not clear, then the prospective bidder shall submit a written request for clarification no later than ten (10) working days before the scheduled bid opening at 4:30 pm to **Mr. Anthony A. Camacho, Director of Technical Services Division**, 2nd Floor, Oleai Joeten Commercial Center, Saipan or fax to (670) 234-3547.

The prospective bidder shall examine carefully the site of the proposed work and the invitation for bids before submitting a bid. The Contracting Officer (CO) may, upon recommendation of the Contracting Officer's Technical Representative (COTR), issue an addendum notifying all prospective bidders known to have received an invitation for bids, or if issued after the deadline for submission of the notice of intention to bid, to those persons who submitted such notice, of any changes to the invitation for bids. The Department of Public Works will make every reasonable attempt to notify all persons who obtained the invitation for bids from the Technical Services Division by telephone to pick up the addendum or if the CO chooses, the addendum may be mailed or delivered personally or by facsimile machine. If the bid proposal requires the acknowledgment of addenda, the prospective bidder shall indicate the date of each addendum in the space provided. **It shall be the prospective bidder's responsibility to confirm the existence of any addendum by telephoning the COTR at (670) 234-9828/9838 no later than ten (10) Calendar days before the scheduled bid opening.**

Sealed bids must be marked **"DPW-18-IFB-001"**. For bidders within the CNMI, an original and two copies of sealed bids must be submitted to the Office of the Director of Procurement and Supply, located at the former Emergency Management Office, Ascencion Drive, Building No. 1301, Capitol Hill, Saipan, no later than **10:00 a.m. local time December 04, 2017.** Bidders located outside of the CNMI may obtain an additional Seven (7) working days for receipt of their bids by submitting a Notice of Intent to bid. Notices of Intent to bid must be received by the Director of Procurement and Supply no later than **10:00 a.m. local time, December 04, 2017**, and must be transmitted via facsimile to (670) 664-1515, or via e-mail to procurement@pticom.com. For bidders located outside the CNMI, an original and two copies of sealed bids must be postmarked by the U.S. Postal Service or the official government postal service of a foreign country no later than **December 04, 2017** and the BID documents must be received at the Office of the Director of Procurement and Supply no later than **December 11, 2017**. Note that failure to submit the required number of copies may be cause for rejection of a bid.

Bids will be publicly opened and read at the Office of the Director of Procurement and Supply, located at the former Emergency Management Office, Ascencion Drive, Building No. 1301, Capitol Hill, Saipan, at **10:00 a.m. local time, December 12, 2017**. However, if no notices of intent to bid were received from bidders outside the CNMI, bids will be opened at **10:30 a.m. local time, on December 04, 2017**.

For bids greater than Twenty-Five Thousand Dollars **($25,000.00)** a bid security of fifteen (15%) of the bid amount must accompany the bid. **Bid security shall be on a bid bond, in cash, by certified check, cashiers check or other form acceptable to the government. A surety company shall hold the certificate of authority from the U.S. Secretary of the Treasury as an acceptable surety or other surety acceptable to the Attorney General. Surety requiring approval of the Attorney General must be pre-approved prior to bid submission.** Checks must be made payable to the CNMI Treasurer, with the name of the bidder and a notation on the face of the check: "Credit Account No. 44660". If a bid bond is submitted it must be accompanied by an Insurer Clearance Certification (ICC).

The bidder submitting the lowest responsive bid will be subject to a responsibility determination in conformance with the CNMI Procurement Regulations §70-30.3-245. The responsible bidder submitting the lowest responsive bid will be awarded a contract with the CNMI Government and will be required to deliver Performance and Payment bonds, each equal to 100% of the contract price for contracts greater than $25,000.00. Prior to the execution of the contract, the selected contractor shall submit:

a) A current license from the bonding company showing that it has authority to issue bond in the CNMI, and
b) A certification from the bonding company that the unencumbered value of its assets (exclusive of all outstanding commitments on other bond obligations) exceed the penal amount of each bond.

A contractor submitting an unacceptable payment or performance bond may be permitted a reasonable time, as determined by the P&S Director, to substitute an acceptable bond prior to executing a contract.

Acceptable assets are only:

1) Cash
2) US Gov't Securities
3) Stocks and Bonds traded on US Security Exchange
4) Real Property owned in fee simple in US; and
5) Irrevocable Letters of Credit

Performance time for completion of this project is **One Hundred Sixty (160) calendar days** upon issuance of Notice to Proceed. Liquidated damages for delays beyond the established completion date will be assessed at the rate of **One Hundred (US$100.00)** for each and every day the work is delayed beyond the established completion date.

All bid documents received shall become the sole property of the CNMI Government. The Government reserves the right to reject any or all bids and to waive any imperfection in a bid proposal that does not affect the elements of price, quantity, and delivery of the bid, in the best interest of the Commonwealth of the Northern Mariana Islands.

JAMES A. ADA
Secretary of Public Works

HERMAN S. SABLAN
Director of Procurement & Supply

Commonwealth of the Northern Mariana Islands
Office of the Secretary of Public Works
2nd floor-Oleai Joeten Commercial Center, Saipan, MP 96950

INVITATION FOR BIDS
DPW-18-IFB-003

SUPPLY & DELIVERY OF ROLL-OFF TRUCK WITH CABLE HOIST & TARPING SYSTEM TO THE LOWER BASE TRANSFER STATION, SAIPAN

Governor Ralph Dlg. Torres and Lt. Governor Victor B. Hocog, through the Department of Public Works (DPW) are soliciting sealed bids for **Supply & Delivery of Roll-Off Truck with Cable Hoist & Tarping System to the Lower Base Transfer Station (LBTS), Saipan,** Commonwealth of the Northern Mariana Islands (CNMI).

The project package will be available on or after **November 13, 2017** at Technical Services Division, Department of Public Works, located on Second Floor, Oleai Joeten Commercial Center, San Jose, Saipan. A non-refundable payment of **Fifty Dollars ($50.00)** is required for each set. Payment must be made to the CNMI Teasurer and a receipt of payment must be presented when obtaining the Scope of Work at the DPW Technical Services Division.

All interested bidders are also required to include Insurer Clearance Certification (ICC) in their bid packages in order to bid on this project. The ICC can be obtained at the Department of Commerce/Office of the Insurance Commissioner (OIC) on Capitol Hill.

Bidding procedures shall be in full compliance with the CNMI Procurement Regulations currently in effect."

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITUES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

There will be a **Mandatory Pre-bid Conference** for this project on **December 15, 2017, 9:00 a.m. local time** at Project Site, Saipan. The Prospective bidders are encouraged to familiarize themselves with the site. All questions regarding this project must be submitted in writing no later than 4:30 p.m. local time on **December 22, 2017** to **Mr. Anthony A. Camacho, Director of Technical Services Division,** 2nd Floor, Oleai Joeten Commercial Center, Saipan or fax to (670) 234-3547. Response to questions shall be shared with prospective bidders.

Prospective bidders should examine and review the invitation for bids with care. If it should appear to a prospective bidder that the performance of the work under the contract or any of the matters relative thereto is not sufficiently described or explained in the invitation for bids, or that any discrepancy exists between different parts of the invitation for bids, or that full intent of the invitation for bids is not clear, then the prospective bidder shall submit a written request for clarification no later than ten (10) working days before the scheduled bid opening at 4:30 pm to **Mr. Anthony A. Camacho, Director of Technical Services Division**, 2nd Floor, Oleai Joeten Commercial Center, Saipan or fax to (670) 234-3547.

The prospective bidder shall examine carefully the site of the proposed work and the invitation for bids before submitting a bid.

The Contracting Officer (CO) may, upon recommendation of the Contracting Officer's Technical Representative (COTR), issue an addendum notifying all prospective bidders known to have received an invitation for bids, or if issued after the deadline for submission of the notice of intention to bid, to those persons who submitted such notice, of any changes to the invitation for bids. The Department of Public Works will make every reasonable attempt to notify all persons who obtained the invitation for bids from the Technical Services Division by telephone to pick up the addendum or if the CO chooses, the addendum may be mailed or delivered personally or by facsimile machine. If the bid proposal requires the acknowledgment of addenda, the prospective bidder shall indicate the date of each addendum in the space provided. **It shall be the prospective bidder's responsibility to confirm the existence of any addendum by telephoning the COTR at (670) 234-9828/9838 no later than ten (10) Calendar days before the scheduled bid opening.**

Sealed bids must be marked **"DPW-18-IFB-003"**. For bidders within the CNMI, an original and two copies of sealed bids must be submitted to the Office of the Director of Procurement and Supply, located at the former Emergency Management Office, Ascencion Drive, Building No. 1301, Capitol Hill, Saipan, no later than **10:00 a.m. local time December 29, 2017.** Bidders located outside of the CNMI may obtain an additional Seven (7) working days for receipt of their bids by submitting a Notice of Intent to bid. Notices of Intent to bid must be received by the Director of Procurement and Supply no later than **10:00 a.m. local time, December 29, 2017,** and must be transmitted via facsimile to (670) 664-1515, or via e-mail to procurement@pticom.com. For bidders located outside the CNMI, an original and two copies of sealed bids must be postmarked by the U.S. Postal Service or the official government postal service of a foreign country no later than **December 29, 2017** and the BID documents must be received at the Office of the Director of Procurement and Supply no later than **January 05, 2018**. Note that failure to submit the required number of copies may be cause for rejection of a bid.

Bids will be publicly opened and read at the Office of the Director of Procurement and Supply, located at the former Emergency Management Office, Ascencion Drive, Building No. 1301, Capitol Hill, Saipan, at **10:00 a.m. local time, January 08, 2018**. However, if no notices of intent to bid were received from bidders outside the CNMI, bids will be opened at **10:30 a.m. local time, on December 29, 2017**.

For bids greater than Twenty-Five Thousand Dollars **($25,000.00)** a bid security of fifteen (15%) of the bid amount must accompany the bid. **Bid security shall be on a bid bond, in cash, by certified check, cashiers check or other form acceptable to the government. A surety company shall hold the certificate of authority from the U.S. Secretary of the Treasury as an acceptable surety or other surety acceptable to the Attorney General. Surety requiring approval of the Attorney General must be pre-approved prior to bid submission.** Checks must be made payable to the CNMI Treasurer, with the name of the bidder and a notation on the face of the check: "Credit Account No. 44660". If a bid bond is submitted it must be accompanied by an Insurer Clearance Certification (ICC).

The bidder submitting the lowest responsive bid will be subject to a responsibility determination in conformance with the CNMI Procurement Regulations **§70-30.3-245.** The responsible bidder submitting the lowest responsive bid will be awarded a contract with the CNMI Government and will be required to deliver Performance bond, equal to 100% of the contract price for contracts greater than $25,000.00. Prior to the execution of the contract, the selected contractor shall submit:

a) A current license from the bonding company showing that it has authority to issue bond in the CNMI, and
b) A certification from the bonding company that the unencumbered value of its assets (exclusive of all outstanding commitments on other bond obligations) exceed the penal amount of the bond.

A contractor submitting an unacceptable performance bond may be permitted a reasonable time, as determined by the P&S Director, to substitute an acceptable bond prior to executing a contract.

Acceptable assets are only:

1) Cash
2) US Gov't Securities
3) Stocks and Bonds traded on US Security Exchange
4) Real Property owned in fee simple in US; and
5) Irrevocable Letters of Credit

Performance time for completion of this project is **One Hundred Twenty (120) calendar days** upon issuance of Notice to Proceed. Liquidated damages for delays beyond the established completion date will be assessed at the rate of **Three Hundred (US$300.00)** for each and every day the work is delayed beyond the established completion date.

All bid documents received shall become the sole property of the CNMI Government. The Government reserves the right to reject any or all bids and to waive any imperfection in a bid proposal that does not affect the elements of price, quantity, and delivery of the bid, in the best interest of the Commonwealth of the Northern Mariana Islands.

/S/ JAMES A. ADA
Secretary of Public Works

/S/ HERMAN S. SABLAN
Director of Procurement & Supply

2017 Veterans Day

ERWIN ENCINARES

Gov. Ralph DLG Torres, Lt. Gov. Victor B. Hocog, and Delegate Gregorio Kilili C. Sablan (Ind-MP) pose for a photo with Vietnam War veterans at the American Memorial Park as part of the commemoration of Veterans Day last Saturday.

CONTRIBUTED PHOTO

Some of the CNMI's veterans and their family along with the director of Veterans Affairs Office Oscar A. Torres pose for a photo at a special picnic on Saturday hosted by Imperial Pacific International through its Corporate Social Responsibility arm and the CNMI Veteran's Affairs Office.

CONTRIBUTED PHOTO

Saipan Southern High School JROTC cadets and veteran Brad Ruzala, who also works for the Joint Region Marianas, join in the celebration held at Micro Beach on Saturday as part of the CNMI's Veteran's Day celebration.

CONTRIBUTED PHOTO

JROTC cadets of Marianas High School join veterans, their families, and the community during last Saturday's picnic jointly hosted by Imperial Pacific International and Veteran's Affairs Office at Micro Beach as part of the CNMI's Veteran's Day celebration.

This two-day workshop will equip you with the tools to achieve business control, survival and success.

Why Profit Mastery?

Starting and running a business is always a challenge, given the failure rate of 50-70% in the first four years. The economic volatility of the last few years has only increased that challenge.

Profit Mastery is a leading financial management program that gives participants the tools and confidence needed to manage their businesses by the numbers. The program provides independent business owners unparalleled financial perspective and tools to take advantage of opportunities. Starting and running a business without Profit Mastery is like setting out for an unfamiliar destination without a road map. You'll be introduced to invaluable management resources that should be part of every business owner's tool kit. *You will laugh too, we promise!*

AGENDA

Thursday, November 16th
- **Monitoring Financial Position**
- **Cause & Effect: Roadmap to a Bigger Bottom Line**
- **Income Statement: Break-Even Analysis**

Friday, November 17th
- **Profit Planning & Cash Flow Analysis**
- **Planning & Managing Long-Term Growth**
- **Dealing with Banks & Investor Funding**

How to Attend Profit Mastery:

DATE:
Thursday & Friday,
November 16th & 17th

TIME:
8 am - 5 pm (both days)

PRESENTER:
Rod Bristol
Executive Vice President, Profit Mastery

COST:
$60 per person (Lunch Included)
***Space is limited, register now!

LOCATION:
Pacific Islands Club (PIC)
Saipan, Napu Room

Who Should Attend:
Business owners, managers with direct financial responsibility, and anyone interested in learning more about financial management.

For more information, please contact the CNMI SBDC at 664-3018.

To Register: visit https://pisbdcn.ecenterdirect.com/

Supported by: America's SBDC CNMI · CNMI Department of Commerce · CDA Commonwealth Development Authority

DISCLAIMER: The Pacific Islands SBDC Network is funded in part through a co-operative agreement with the U.S. Small Business Administration. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. Requests for reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Language assistance services are available for limited English proficient individuals with enough advance notice. For arrangements, please contact Lorie Pangilinan, P.O. Box 5795 CHRB, Saipan MP 96950 Tel: (670)664-3018 or Email lorie@pacificsbdc.com. Services are extended to the public on a non-discriminatory basis.

This announcement does not constitute an offer to sell or a solicitation of an offer to buy.

NOTICE

BankGuam Holding Company
Common Stock Public Offering

BankGuam Holding Company announces the direct sale of up to $20,000,000 of its common stock to the public. The offering price is $12.25 and the minimum stock purchase is $50,000.00.

BankGuam Holding Company will host an investor presentation in Saipan to discuss the offering, as well as the financial results of the Company and its subsidiaries, including Bank of Guam. Below are details of our Saipan presentation:

- Thursday, November 16, 2017, Fiesta Resort and Spa (Azucena Room),Garapan,Saipan from 8:30AM to 10:30AM.

To register for the presentations, please visit https://bghccommonstocksaipan.eventbrite.com.

Offers will be made only by means of a prospectus, copies of which are available on the Bank of Guam website, www.bankofguam.com, under Investor Relations. Copies of the prospectus may also be obtained by contacting BankGuam Holding Company, Attn: Bank of Guam Trust Services, 7th Floor Bank of Guam Building, 111 W. Chalan Santo Papa, Hagatna, Guam, 96910 or by calling 671-472-5743 or by email to trustservices@bankofguam.com. No offers or sales will be made in any state or jurisdiction in which such offer, solicitation or sale would be unlawful prior to registration or qualification under the securities laws of any such state or jurisdiction.

Asia

US, South Korea start drills in show of force against N. Korea

AP

In this Oct. 21, 2017 file photo, the aircraft carrier USS Ronald Reagan (CVN 76) is escorted into Busan port, South Korea, after completing a joint drill with the South Korean military.

SEOUL, South Korea (AP)—The United States and South Korea on Saturday started joint naval exercises that will involve three U.S. aircraft carriers in what military officials describe as a clear warning to North Korea.

The four-day drills that began in waters off South Korea's eastern coast come as President Donald Trump continues a visit to Asia that has been dominated by discussions over the North Korean nuclear threat.

■■■

HANOI, Vietnam (AP)—President Donald Trump is exchanging school yard taunts with North Korea's Kim Jong Un.

In a response to North Korea calling Trump's speech in South Korea "reckless remarks by an old lunatic," Trump tweeted from Hanoi on Sunday morning: "Why would Kim Jong-un insult me by calling me 'old,' when I would NEVER call him 'short and fat?'"

Trump goes on to say sarcastically, "Oh well, I try so hard to be his friend - and maybe someday that will happen!"

■■■

Trump has been working to rally global pressure against North Korea's nuclear weapons program on a trip to Asia. That includes a stern speech delivered in South Korea's National Assembly on Tuesday, in which he said: "Do not underestimate us. And do not try us. ... The weapons you're acquiring are not making you safer, they are putting your regime in grave danger. Every step you take down this dark path increases the peril you face."

The battle groups of the USS Ronald Reagan, the Theodore Roosevelt and the Nimitz will successively enter the exercise area during the drills that run until Tuesday, South Korea's Joint Chiefs of Staff said.

The three carriers will be likely together in the drills around Monday, according to a South Korean military official, who didn't want to be named, citing office rules.

The exercises will also involve 11 U.S. Aegis ships and seven South Korean naval vessels, including two Aegis ships. The Aegis technology refers to missile tracking and guidance.

They will aim to enhance combined operation and aerial strike capabilities and also display "strong will and firm military readiness to defeat any provocation by North Korea with dominant force in the event of crisis," Seoul's military said in a statement.

It's the first time since a 2007 exercise near Guam that three U.S. carrier strike groups are operating together in the Western Pacific, according to the U.S. Navy's 7th Fleet. The U.S. carriers will also participate in separate exercises with three Japanese destroyers on Sunday, according to Japan's Maritime Self-Defense Force.

The United States has been sending its strategic assets, also including long-range bombers, to the region more frequently for patrols or drills amid accelerating North Korean efforts to expand its nuclear weapons program.

In recent months, North Korea has tested intercontinental ballistic missiles that could reach the U.S. mainland with further development and has conducted its most powerful nuclear test. It also flew two new midrange missiles over Japan and threatened to launch them toward Guam, a U.S. Pacific territory and military hub.

Trump continued his tough talk against Pyongyang on Friday in a speech to business leaders at the Asia-Pacific Economic Cooperation summit in Danang, Vietnam, saying that the region's future "must not be held hostage to a dictator's twisted fantasies of violent conquest and nuclear blackmail," referring to North Korean leader Kim Jong Un.

Trumps offers to mediate in protracted South China Sea feud

MANILA, Philippines (AP)—President Donald Trump has offered to mediate in South China Sea disputes and his Chinese counterpart played down concerns over Beijing's military buildup and the prospects of war in the contested waters.

Trump and Chinese leader Xi Jinping spoke separately about the territorial rifts ahead of an annual summit of Southeast Asian nations and the U.S., China and other global players in Manila, where the disputes are high on the agenda.

Trump says "I'm a very good mediator," but his offer faces many obstacles: for one, China doesn't want the U.S. meddling in the disputes and has balked at the U.S. Navy's incursions into what Beijing considers its territorial waters in the South China Sea.

Philippine President Rodrigo Duterte says Xi assured him of China's peaceful intentions.

World

Lebanon: Saudi should clarify why Hariri hasn't returned

BEIRUT (AP)—Lebanon's president called on Saudi Arabia Saturday to clarify the reasons why the country's prime minister has not returned home since his resignation last week, announced from the kingdom, as the United States and France expressed their support for Lebanon's sovereignty and stability amid heightening tensions between Beirut and Saudi Arabia.

A political crisis has gripped Lebanon and shattered the relative peace maintained by its coalition government since Prime Minister Saad Hariri's stunning announcement Nov. 4 from the Saudi capital that he was resigning.

Lebanese officials have insisted on the return home of Hariri from Saudi Arabia amid rumors he is being held against his will. Saudi officials have said that their measures against Lebanon are in response to the militant Hezbollah's group support of anti-Saudi rebels in Yemen known as Houthis.

Lebanese President Michel Aoun called on Saudi Arabia to clarify why Hariri hasn't returned home since announcing his resignation saying that "the obscurity regarding Hariri's conditions makes anything that he says or does not reflect truth." It was an indication that Aoun does not recognize Hariri's resignation.

In statements released by his office, Aoun called on Saudi Arabia "that is linked to us through deep brotherly and friendly relations to clarify the reasons that are preventing" Hariri from returning to Lebanon.

White House Press Secretary Sarah Huckabee Sanders said in a statement that Washington calls upon "all states and parties to respect Lebanon's sovereignty, independence, and constitutional processes."

Saudi Minister for Gulf Affairs Thamer al-Sabhan warned earlier this month that his government would deal with Lebanon as a hostile state as long as Hezbollah was in the Lebanese government. The Lebanese unity government that Hariri formed a year ago includes Hezbollah members — the result of a tacit Saudi-Iranian agreement to sideline Lebanon from the other proxy wars in the region.

Al-Sabhan blasted in a tweet late Saturday as laughable those expressing support and "love" for Hariri despite their previous opposition to him. He added that those who "sold out" Lebanon would soon be exposed.

"In this sensitive time, the United States also rejects any efforts by militias within Lebanon or by any foreign forces to threaten Lebanon's stability, undermine Lebanese government institutions, or use Lebanon as a base from which to threaten others in the region," Sanders said. She was apparently referring to Hezbollah and Saudi Arabia.

Sanders described Hariri as "a trusted partner of the United States in strengthening Lebanese institutions, fighting terrorism, and protecting refugees." Sanders said the Lebanese army and security forces are the only legitimate forces in Lebanon.

Also Saturday, Lebanon's state-run National News Agency reported that French President Emmanuel Macron called Aoun expressing France's commitment to Lebanon's "unity, sovereignty and independence and to help it in preserving political and security stability."

Iran's Foreign Ministry spokesman said Saudi Arabia is aiming to create unrest in Lebanon after doing so in the Gulf region and Yemen. Bahram Qasemi said in comments carried by state news agency IRNA that the kingdom is trying to destabilize the region.

Huge rally in Barcelona demands jailed separatists' release

BARCELONA, Spain (AP)—Hundreds of thousands of people backing Catalonia's bid to secede from Spain packed the streets in downtown Barcelona Saturday to demand the release of jailed separatist leaders.

The rally's grassroots organizers called for 10 prominent members of the secessionist movement in the northeastern Spanish region to be freed from prison.

Eight former members of Catalonia's dissolved Cabinet and two activists are in jail while Spanish authorities investigate their alleged roles in promoting an illegal declaration of independence last month in violation of Spain's Constitution.

A separate court in Madrid granted bail on Thursday to another six Catalan lawmakers also being investigated over the secession push.

"We want to tell the world that we want freedom for our prisoners and freedom for Catalonia," Agusti Alcoberro, the vice president of grassroots group National Catalan Assembly, told the crowd in Barcelona, the region's capital.

Barcelona's police said 750,000 people attended the rally.

Many of the protesters carried pro-independence "estelada" flags, with its white star and blue triangle superimposed over the traditional red-and-yellow Catalan colors. Many also held signs saying in Catalan "Freedom Political Prisoners" and wore yellow ribbons as a symbol of their demands.

"They (Spanish authorities) are violating many rights of freedom against our people and we come here to say that we are against that and to demand the release of our prisoners who are in prison unjustly," said 30-year-old engineer Joan Carles Roses.

Family members of the jailed separatists read messages from their loved ones to the crowd at the conclusion of the march.

Also on Saturday, the pro-independence Republic Left party announced that its jailed leader Oriol Junqueras will be its top candidate for the upcoming regional elections on Dec. 21. The Catalan party is including other jailed leaders in its list for the regional parliament. Polls show that Republic Left is favored to win the upcoming ballot, although it won't secure an outright majority.

The Catalan conflict is the worst constitutional crisis to threaten Spain in nearly four decades.

A day after Catalonia's Parliament voted in favor of a declaration of independence on Oct. 27, Spain's government activated extraordinary powers given to it by the Senate to fire the region's government, dissolve its parliament and call local elections.

While those separatist leaders now in jail obeyed a summons to appear in court in Madrid, deposed Catalan president Carles Puigdemont and four of his former ministers fled to Belgium, where they now await an extradition hearing to return them to Spain.

Health & Fitness

You are what you just ate

By BARBARA QUINN
THE MONTEREY COUNTY HERALD/TNS

ANDREY POPOV/DREAMSTIME/TNS

Throughout life, we can either condition our muscles to grow or decondition them. What stimulates our muscles to grow? Food (especially protein) and physical activity.

My favorite session at the 2017 Academy of Nutrition and Dietetics Food and Nutrition Conference was presented by physiologist and researcher Dr. Luc Van Loon of Maastricht University Medical Centre in the Netherlands. (And by the way, the moderator who introduced him was Roberta Anding—the sports dietitian for the Houston Astros.)

"Take a look at your arm," Van Loon began. "Your muscle tissues are constantly breaking down and building up. In fact, every 2 to 3 months, you have a new arm … and other muscles throughout your body."

Muscles can change, he explained. Throughout life, we can either condition our muscles to grow or decondition them. In other words, if we're not synthesizing muscle, we're losing it.

What stimulates our muscles to grow? Food (especially protein) and physical activity. Protein not only provides the building material (amino acids) for new muscle; it also signals the body to get busy and start making muscle.

In fact, 3 to 4 hours after eating, protein from your meal is now you, says Van Loon. "You are what you just ate."

How much protein converts to muscle depends on several factors, including the source. Whey protein derived from milk, for example, stimulates a higher rate of muscle growth than casein, another milk protein. And research shows that protein from animal sources generally has a bigger muscle building response than plant proteins. No worries though. Vegetarians can easily compensate by eating more of a wide variety of plant proteins including soy, beans, grains and nuts to get the best mix of muscle building amino acids.

For most of us, about 20 grams of protein (the amount in 3-ounces of meat, poultry or fish) at every meal is enough to maximize muscle synthesis after meals. Older folks and athletes may need more.

Timing is important as well. Studies have found that three protein-containing meals a day stimulate more muscle building than just one or two protein meals a day.

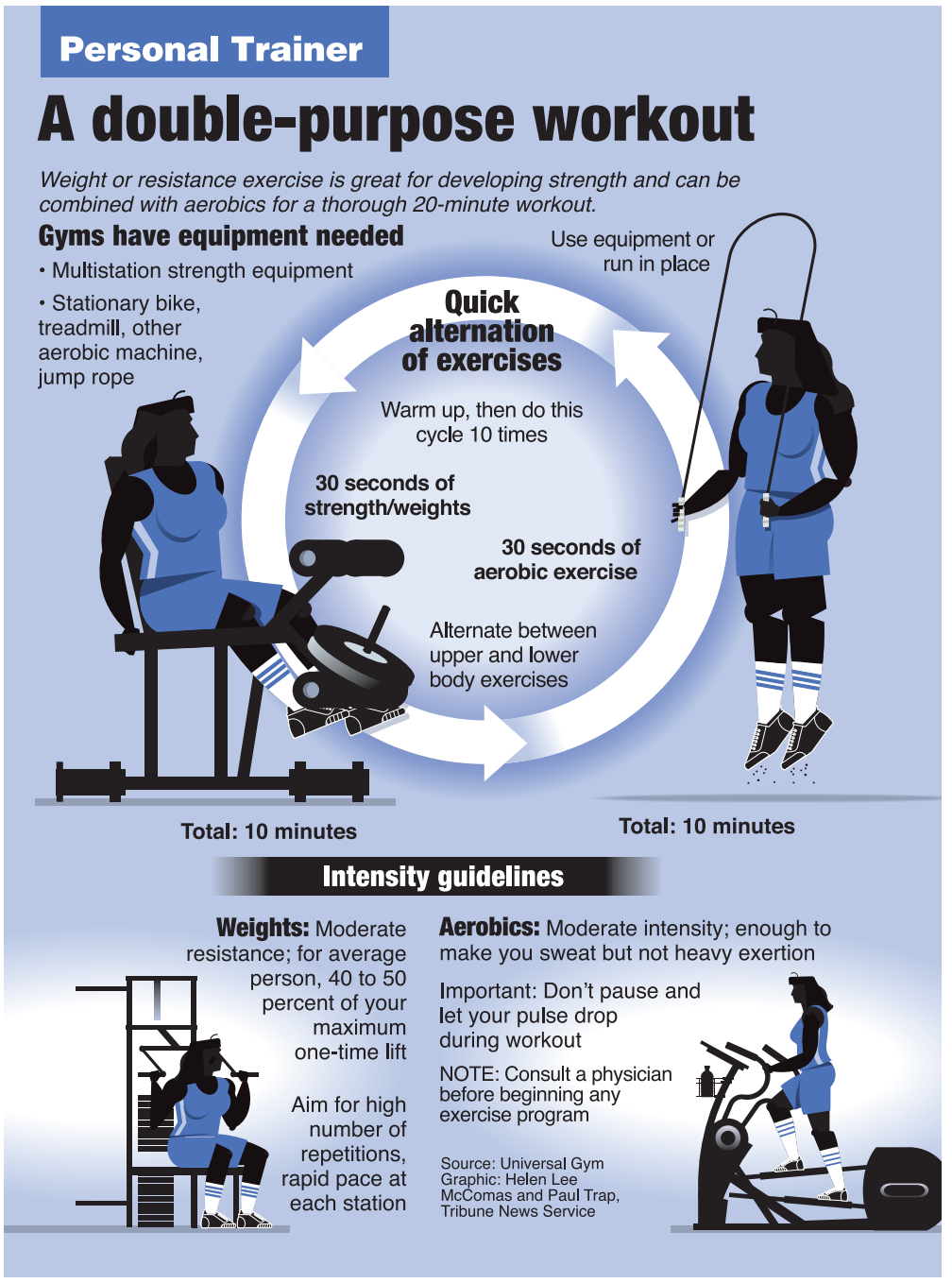
And this was interesting. "Chewing has a huge effect on anabolic response (the ability of the body to make muscle from protein)," our speaker reported. Well-chewed food, he explained, is better digested and available for building muscle.

We can't just eat protein and expect to form strong muscles, however. If you become less active, you are less than what you just ate, says Van Loon. Exercise and food work together in the muscle building process.

Physical activity, especially before we eat, increases our muscles' ability to turn protein from our meal into muscle. "If you are physically active before you eat, you are more than what you just ate," he told us.

And good news for those of us a bit over the hill: Older people can still build muscle … if we exercise and get adequate amounts of protein.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at to barbara@quinnessentialnutrition.com.


Personal Trainer
A double-purpose workout
Weight or resistance exercise is great for developing strength and can be combined with aerobics for a thorough 20-minute workout.
Gyms have equipment needed
• Multistation strength equipment
• Stationary bike, treadmill, other aerobic machine, jump rope
Use equipment or run in place
Quick alternation of exercises
Warm up, then do this cycle 10 times
30 seconds of strength/weights
30 seconds of aerobic exercise
Alternate between upper and lower body exercises
Total: 10 minutes
Total: 10 minutes
Intensity guidelines
Weights: Moderate resistance; for average person, 40 to 50 percent of your maximum one-time lift
Aim for high number of repetitions, rapid pace at each station
Aerobics: Moderate intensity; enough to make you sweat but not heavy exertion
Important: Don't pause and let your pulse drop during workout
NOTE: Consult a physician before beginning any exercise program
Source: Universal Gym
Graphic: Helen Lee McComas and Paul Trap, Tribune News Service

THE WEIGHT LOSS PLATEAU:
What it means and how you can get past it

You've been exercising daily. You've improved your diet. And you've seen the number on the scale decrease. Not only do you look better, you feel better, too. However, you reach a point where you no longer are seeing results, despite the effort you are making to do so. Throughout your weight loss journey, you may find yourself at a dead end. Although frustrating and sometimes discouraging, experiencing a weight loss plateau is a normal part of losing weight.

Instead of giving up on your goals, realize that experiencing a weight loss plateau doesn't mean you've reached the end of your weight loss journey. Reaching a weight loss plateau is simply a way for your body to tell you that losing weight means you're losing a little muscle, too. As a result, your metabolism starts to slow down, which is a key factor in weight loss.

"Even if you're eating the same amount of calories that helped you lose weight in the first place, your metabolism will most likely slow down after you lose fat and muscle," says Mary Green, Mayo Clinic Health System family nurse practitioner and certified nurse midwife. "When your metabolism slows, a weight loss plateau is expected."

Luckily, Green provides some helpful tips to help you revamp your weight loss journey:

▪ Re-evaluate your weight loss habits.
If you're recording your food intake and physical activity, it may be helpful to look back and see if you're bending your rules about eating and exercising.

▪ Cut more calories from your diet.
Unless it puts you below 1,200 calories a day, try cutting your caloric intake by 200.

▪ Intensify your workout.
A great way to add intensity to your workout is by adding weightlifting. Weightlifting is a great way to increase your muscle mass and burn extra calories at the same time. Also, adding 15 to 30 minutes to your workout will provide extra intensity.

▪ Think outside the gym.
When considering general physical activity, there are plenty of things you can do to burn extra calories. Take the stairs instead of the elevator. Walking or bike to work instead of driving. And take a break every hour to get up and walk around. These are just a few simple things you can do to get moving.

If these tips don't help you push through your weight loss plateau, talk with your doctor or dietitian about other possible solutions to help you achieve your goals. Even if you continue having a hard time seeing the desired number on the scale, remember the lifestyle changes you've made so far are going to impact your health significantly in a positive way. That's something worth celebrating. ***(Mayo Clinic News Network/TNS)***

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Life & Style

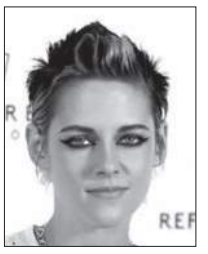
Kristen Stewart dives into grief in directorial debut

NEW YORK (AP)—Kristen Stewart's directing ambitions go all the way back to when she was an 11-year-old performing in the 2002 David Fincher thriller "Panic Room."

"I was working with Jodie Foster and I was like, 'I'm going to direct. I'm going to be the youngest director that exists,'" Stewart recalled in an interview. When she, years later, told Foster she was finally making something, Stewart says, "She was like, 'Dude, the first thing you're going to realize is that you have nothing to learn."

It took longer than Stewart expected, but she has now made a short film titled "Come Swim." Following premieres at the Sundance Film Festival and the Cannes Film Festival, "Come Swim" debuted Friday on the women's entertainment and lifestyles website Refinery29.

The film announces Stewart's filmmaking ambitions and opens a new chapter in the fast-moving career of the 27-year-old actress. Stewart is already developing several other projects, including a script she's writing that's an adaptation of a memoir (Stewart declined to say whose). She's taking two months off acting to write it, and she also hopes to turn "Come Swim" into a feature-length film.


Stewart

"It's my first step into something I've wanted to for a really long time," said Stewart.

Stewart spoke in a pair of interviews—one on a balcony in Cannes in May, the other by phone on Thursday. As to the recent sexual harassment scandals that have swamped Hollywood, Stewart pointed to her speech last month at Elle's Women in Hollywood event, where she spoke about the less-noticed harassment of below-the-line crew members. Stewart declined to add to those comments Thursday but acknowledged the industry's gender imbalances behind the camera have been on her mind.

"I'm so fortunate to be able to have made this movie because it's obviously tougher for women to be heard," said Stewart. "I'm obviously deeply proud of anyone who's able to express themselves freely and it's awesome that we're living in a time where they can."

"Come Swim" isn't your standard actor-made directorial debut. It's an 18-minute metaphorical rendering of a feeling, of the overwhelming oppression of heartbreak and grief. A man is submerged, literally, by water everywhere. Stewart describes the film as about "aggrandized pain" and says its imagery has haunted her for four years.

"You don't realize when you're trudging through that water, you feel so alone," says Stewart. "We've all been there. But when you're in it, you feel like you can't participate in life."

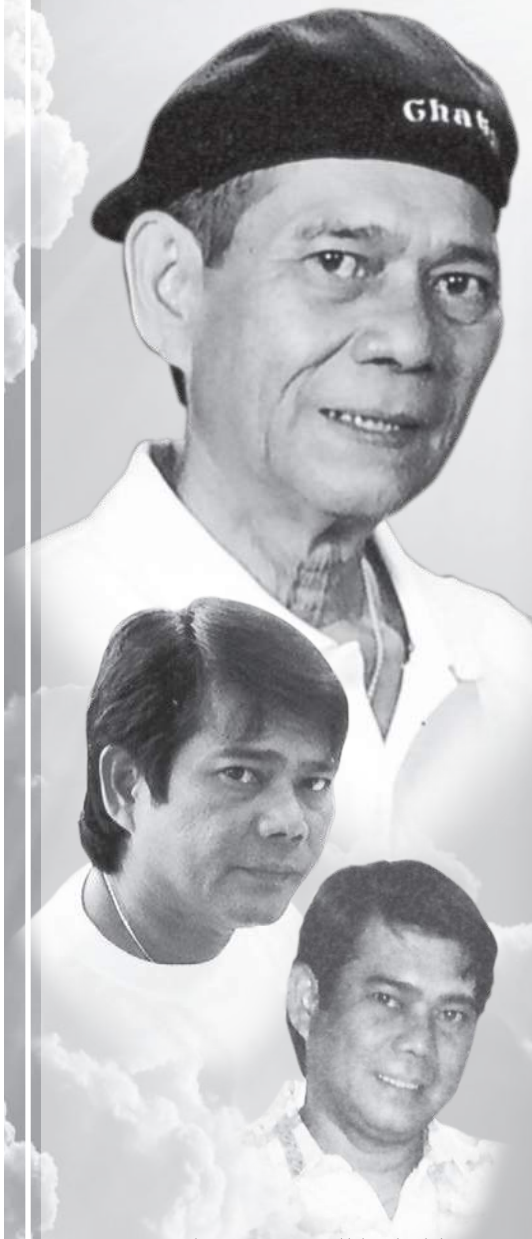
In many ways, "Come Swim" reflects something essential about Stewart: she is hyper alert to her surroundings and her emotions. It's a quality that has probably helped make her, in the eyes of many, a performer of twitchy, alive sensitivity.

"I am so sensitive it drives me crazy," says Stewart. "It's funny (that) the first movie I wanted to make was basically just a movie about somebody who is like, 'You don't get it! It's horrible!'"

In Celebration of His New Life

†Henry Iglesias Sablan

Born to life: January 03, 1950 – Called to eternal life: November 05, 2017



In his new life, he now joins his:

Parents: †Gregorio Torres Sablan
†Rosa Iglesias Sablan

Parents-in-Law: †Wilburn Chandler Hamilton
†Carmen Wesley Hamilton

Son: †Gregory Peter DLG Sablan

Brother-in Law: †Paul Chandler Hamilton

His memories will always live in the hearts of his:

Wife: Nadine Hamilton Sablan

Children: Rico Chandler Hamilton Sablan & Jade *(Rylan Chandler, Aiden, Ariana)*
Loanalynn Rose DLG. Sablan & Griffith E. Rechelulk *(Laealdrie Jesslynne)*

Step Children: Sharlene S. & William Sakisat *(Wesley, Robert, Mandy, Gregory Kachuma)*
Diana H. Sablan
Barbara H. Sablan

Brothers & Sisters with Family:
Matilde S. & Norbert P. Diaz & children
Jesus I. & Rosalia D. Sablan & children
Jose I & Ana V. Sablan & children
Edward I & Dorothy L. Sablan & children
Selina S. & Romeo M. DeLeon & children
Magdalena S. & Jose A. Mendiola & children
Bertha S. Salas & Darrel Brown & children
Jeffrey Lee & Melina B. Camacho & children

Sisters-In Law and Family:
Thelma M. Hamilton & Family
Betty Hamilton Johnson & Family
Ruby Hamilton Northen & Family
Delia R. Sablan & Family

He will also be missed by his numerous aunts, uncles, cousins, nephews, nieces, godchildren, relatives and friends.

Funeral Services will be held on Tuesday, November 14, 2017. His remains will be escorted from Nuestra Senora dela Paz Memorial Chapel at 7:30 am to Our lady of Mount Carmel Cathedral. Responso Service and Holy Rosary will take place upon arrival of the remains.

Mass of Christian Burial will be celebrated at 10:00 am followed by Interment Service at Mount Carmel Cemetery where he will be laid to a peaceful rest.

Please join us in prayers.

Thank you and Si Yu'us Ma'ase

Nadine Hamilton Sablan, Children and Family

In admitting truth to the allegations, Louis C.K. says he misused power, 'brought pain'

NEW YORK (AP)—With his career imploding over allegations of sexual misconduct, comedian Louis C.K. confessed Friday to masturbating in front of women and expressed remorse for wielding his influence "irresponsibly."

The comedian said in a statement that the harassment claims by five women detailed in a New York Times report published Thursday "are true."

"I can hardly wrap my head around the scope of hurt I brought on them," he said.

C.K.

"There is nothing about this that I forgive myself for," he wrote. "And I have to reconcile it with who I am. Which is nothing compared to the task I left them with."

He apologized to the cast and crew of several projects he's been working on, his family, children and friends, his manager and the FX network, among others.

The 438-word statement ends with the comedian vowing to stop talking and leave the spotlight, stating, "I will now step back and take a long time to listen."

The comedian stepped forward on the same day the indie distributor The Orchard said it will scrap the release of C.K.'s film "I Love You, Daddy." C.K. has already been edited out of the upcoming HBO benefit "Night of Too Many Stars" and his work is being scrubbed from the cable network's vaults.

More fallout came Friday when Netflix said it will not produce a second planned standup special starring the comedian, citing his "unprofessional and inappropriate behavior." He had been tapped for two specials, with the first airing in April. At least five of the comedian's stand-up specials remain on Netflix.

In a further blow, FX Networks and FX Productions said they are ending their association with C.K., which means cancellation of a deal with his production company, Pig Newton, and removing him as executive producer on the four shows FX is making with him, including "Better Things," ''Baskets," ''One Mississippi" and "The Cops." His compensation is ended as well, FX said.

C.K. behaved professionally on all his series for FX, "as far as we know," according to a statement Friday.

"However, now is not the time for him to make television shows," FX said. "Now is the time for him to honestly address the women who have come forth to speak about their painful experiences, a process which he began today with his public statement."

Actress and writer Pamela Adlon, whose work with C.K. includes TV's "Better Things," said Friday that she and her family "are devastated and in shock after the admission of abhorrent behavior by my friend and partner."

George Takei, Richard Dreyfuss respond in harassment scandal

NEW YORK (AP)—George Takei took to Twitter on Saturday to deny groping a male model and Richard Dreyfuss said he never exposed himself to a female writer helping him with a TV script, both back in the 1980s.

Takei, the 80-year-old "Star Trek" icon, said in a series of tweets that events described by Scott R. Brunton in The Hollywood Reporter "simply did not occur," and he does not remember ever knowing Brunton.

"Right now it is a he said/he said situation, over alleged events nearly 40 years ago. But those that know me understand that non-consensual acts are so antithetical to my values and my practices, the very idea that someone would accuse me of this is quite personally painful," Takei tweeted.

Dreyfuss, meanwhile, told the New York magazine blog Vulture he flirted and even kissed Los Angeles writer Jessica Teich over several years but thought it was a "consensual seduction ritual." The fact that "I did not get it," he said, "makes me reassess every relationship I have ever thought was playful and mutual."

Teich told Vulture she first met Dreyfuss at a theater where she worked and they spent hours together over several years after she was hired to develop a script for an ABC comedy special. The actor, she said, made continual, overt and lewd comments and invitations but she never told anyone. Dreyfuss, now 70, called Teich a friend of more than 30 years.

SHOWBIZ TIDBITS

UK magazine apologizes to Lupita Nyong'o over edited hair

LONDON (AP)—British magazine Grazia U.K. has apologized to Lupita Nyong'o after the actress accused it of altering her hair on its front cover "to fit a more Eurocentric notion" of beauty. The Academy Award winner tweeted before-and-after images, saying the magazine "edited out and smoothed" her hair. She added the hashtag "dtmh (don't touch my hair)." On Instagram, the Kenya-raised star of "12 Years a Slave" and "Star Wars: The Last Jedi" said "there is still a very long way to go to combat the unconscious prejudice against black women's complexion, hair style and texture." The magazine said Friday that it "apologized unreservedly to Lupita Nyong'o." It said it had not altered the images itself or asked the photographer to do so, and "is committed to representing diversity throughout its pages."

Breakfast at Tiffany's comes to life at New York store

NEW YORK (AP)—Having breakfast at Tiffany's isn't just a big screen fantasy anymore. The New York-based Tiffany & Co. jewelry chain has opened a restaurant at its flagship Fifth Avenue location in Manhattan, and the menu does include breakfast. The store is the setting for Audrey Hepburn's classic 1961 film "Breakfast at Tiffany's." Tiffany's Blue Box Cafe opened its doors Friday. The $29 breakfast selections include avocado toast and a buttermilk waffle. Lunch meals are available for $39, and shoppers can sit down for tea and finger sandwiches for $49. The cafe's chairs and dishes feature the company's signature blue.

Rian Johnson to create new 'Star Wars' trilogy

NEW YORK (AP)—The Walt Disney Co. announced Thursday that Rian Johnson will craft a new trilogy for the "Star Wars" universe, greatly expanding the director's command over the ever-expanding space saga created by George Lucas.

The announcement, made by Disney chief Bob Iger on a call with investment analysts, constituted the most ambitious new foray into the "Star Wars" galaxy, moving well beyond the original nine-film framework imagined by Lucas. Disney also announced a live-action "Star Wars" series that will debut on its streaming service which is set to launch in 2019.

Johnson

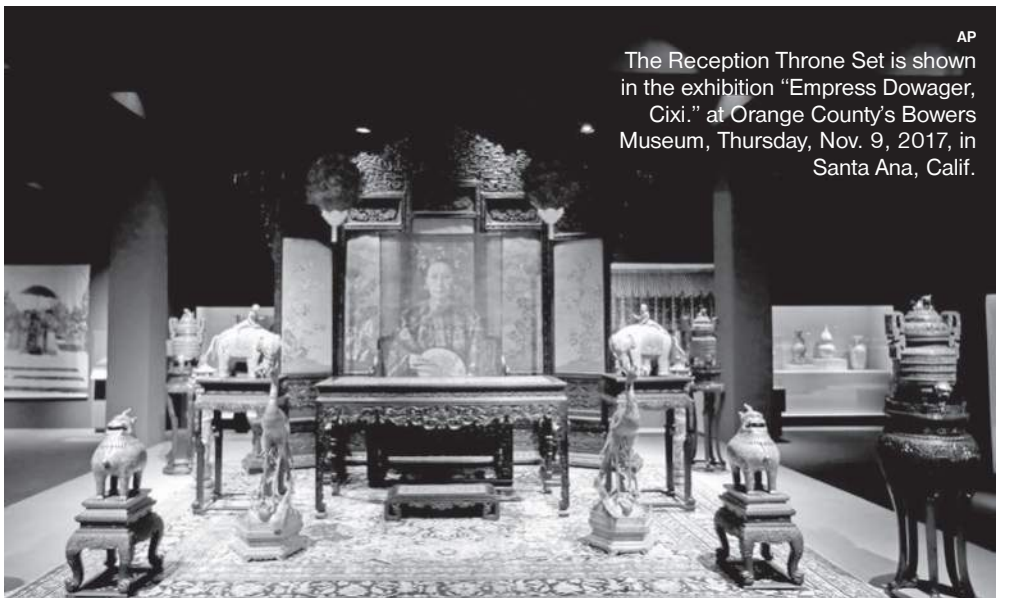
The new films will be separate from the Skywalker saga. "Johnson will introduce new characters from a corner of the galaxy that Star Wars lore has never before explored," Disney said in a statement.

That Johnson will preside over a new "Star Wars" trilogy altogether confirms his status as the franchise's new chief guardian. It's a considerable amount of trust to be placed in the 43-year-old director of 2012's "Looper," even before audiences see his first "Star Wars" installment. J.J. Abrams, who kick-started the dormant franchise with "The Force Awakens," is set to return for the untitled Episode IX—the third film in the current trilogy.

"He's a creative force, and watching him craft 'The Last Jedi' from start to finish was one of the great joys of my career," Lucasfilm's Kathleen Kennedy said of Johnson. "Rian will do amazing things with the blank canvas of this new trilogy."

Rare art from China's 19th century woman ruler come to US

SANTA ANA, Calif. (AP)—For more than a century she has been known as the woman behind the throne, the empress who through skill and circumstance rose from lowly imperial consort to iron-fisted ruler of China at a time and in a place when women were believed to have no power at all.


AP
The Reception Throne Set is shown in the exhibition "Empress Dowager, Cixi." at Orange County's Bowers Museum, Thursday, Nov. 9, 2017, in Santa Ana, Calif.

But it turns out Empress Dowager Cixi was much more than that. The 19th century ruler, who consolidated authority through political maneuvering that at times included incarceration and assassination, was also a serious arts patron and even an artist herself, with discerning tastes that helped set the style for traditional Asian art for more than a century.

That side of Cixi comes to the Western world for the first time with Sunday's unveiling of "Empress Dowager, Cixi: Selections From the Summer Palace" at the Bowers Museum in Santa Ana. The wide-ranging collection, never before seen outside China, will remain at the Southern California museum through March 11 before returning to Beijing.

Consisting of more than 100 pieces from the lavish Beijing palace Cixi called home during the final years of her life, "Empress Dowager" includes numerous examples of intricately designed Chinese furniture, porcelain vases and stone carvings, as well as several pieces of Western art, rare in China at the time, that she also collected. Among them are a large oil-on-canvas portrait of herself she commissioned the prominent Dutch artist Hubert Vos to create.

Other Western accoutrements include gifts from visiting dignitaries, among them British silver serving sets, German and Swiss clocks, a marble-topped table from Italy with inlaid stones in the shape of a chessboard and even an American-built luxury automobile. The latter, a 1901 Duryea touring car, is believed to be the first automobile imported into China and as such may have involved the empress in the country's first automobile accident when her driver is said to have hit a pedestrian.

"We already have a lot of scholarship on who she is and how she ruled China. But this show brings you a different angle," said exhibition curator Ying-Chen Peng, as she led a recent pre-opening tour of it through the museum that was kicked off by a raucous performance of Chinese lion dancers accompanied by musicians loudly banging gongs cymbals and drums.

Unhappy grandma gets an eyeful of son-in-law wearing skivvies

DEAR ABBY: After my future son-in-law moved in with our daughter, my husband and I stopped by unannounced to visit. He answered the door in his underwear and never bothered to go put on a pair of shorts. We didn't say anything and, of course, didn't stay long.

It was close to Christmas, so we bought him a robe and my husband jokingly told him, "We figured you didn't have one since you stay in your underwear when we're here." Even after that, he still does it.

I finally told my daughter, "Since he can't take a hint, please tell him to put on clothes when I'm coming over." Since then, when we've stopped by (dropping off the grandbabies) he still doesn't put shorts on.

It happened again today. I asked him to please throw on some shorts, and his response was, "You're killing me in my own house," but he did do it. They rely on us to help with our granddaughters, but I'm fed up with having to see him in his underwear. I also don't think he should go around that way around his 6-year-old stepdaughter and his 2-month-old daughter. What are your thoughts on this?

HURTING EYES IN FLORIDA

DEAR HURTING EYES: Because you are doing your daughter and her husband the favor of looking after the grandkids, and you have let them know you prefer not seeing your son-in-law in his undies, your wishes should be respected. However, different families have different standards regarding attire around the house, and you shouldn't judge him for what he chooses to wear in the privacy of his home when you are not around.

DEAR ABBY: My 8-year-old daughter keeps asking me for a smartphone. I'm at a loss about who she would call besides me and her dad. She points out these different kids her age who have phones. They are the same kids I view as ones who will have no curfew, boyfriends at 12 and parents who aren't as involved as we are. At what age do you feel kids should have smartphones?

INVOLVED PARENT

DEAR INVOLVED PARENT: I don't think there is a magic number, but your daughter is definitely too young to have one. Smartphones can be dangerous when they are used irresponsibly. A flip phone, perhaps, for her to contact you in case of emergencies, might be appropriate.

Because her friends have smartphones is not a valid reason for her to have one. Before that happens, you must be confident that it will be used responsibly, and that you and her father will be able to review its history.

DEAR ABBY: Could you help all of us guys named Shelby spread the word that Shelby is not just for the female gender? Many boys and men like me have the handle and are proud of it.

SHELBY FROM TEXAS

DEAR SHELBY: So do some automobiles! I'm glad to relay your message. Today many women have names that were once associated only with the masculine gender—Cameron, Bailey, Logan, Morgan, to name a few—and turnabout is fair play. I'm reminded of the song "A Boy Named Sue."

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

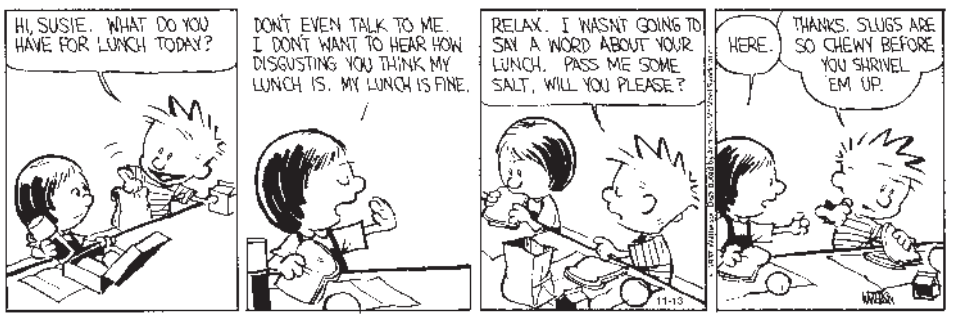
Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

What teens need to know about sex, drugs, AIDS and getting along with peers and parents is in "What Every Teen Should Know." Send your name and mailing address, plus check or money order for $7 (U.S. funds) to: Dear Abby, Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

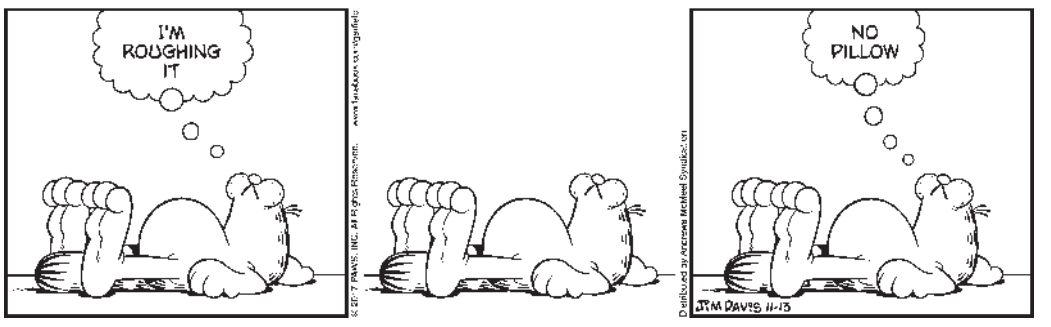
Calvin and Hobbes

By Bill Waterson


HI, SUSIE. WHAT DO YOU HAVE FOR LUNCH TODAY?
DON'T EVEN TALK TO ME. I DON'T WANT TO HEAR HOW DISGUSTING YOU THINK MY LUNCH IS. MY LUNCH IS FINE.
RELAX. I WASN'T GOING TO SAY A WORD ABOUT YOUR LUNCH. PASS ME SOME SALT, WILL YOU PLEASE?
HERE.
THANKS. SLUGS ARE SO CHEWY BEFORE YOU SHRIVEL 'EM UP.

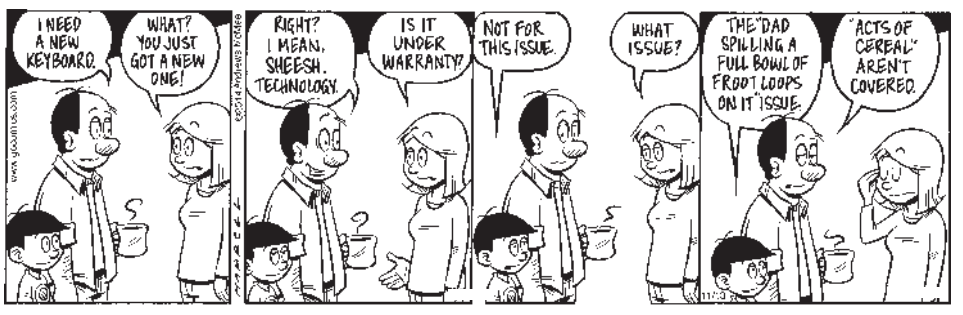
Garfield®

By Jim Davis



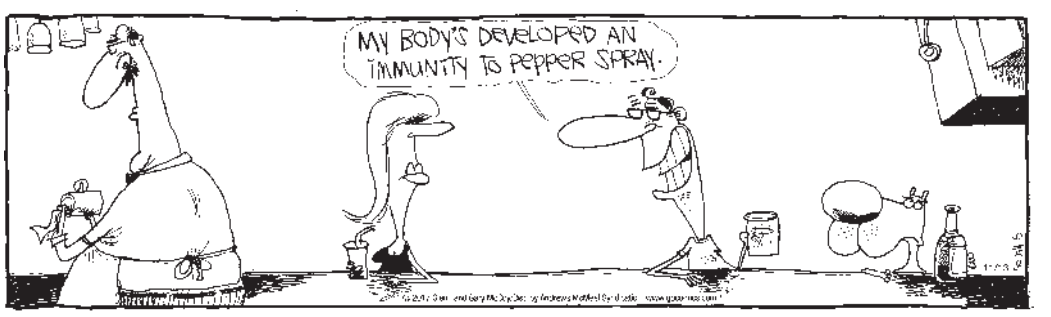
Adam@Home

By Bryan Basset


I NEED A NEW KEYBOARD.
WHAT? YOU JUST GOT A NEW ONE!
RIGHT? I MEAN, SHEESH. TECHNOLOGY.
IS IT UNDER WARRANTY?
NOT FOR THIS ISSUE.
WHAT ISSUE?
THE DAD SPILLING A FULL BOWL OF FROOT LOOPS ON IT ISSUE.
"ACTS OF CEREAL" AREN'T COVERED.

The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS
1 Crisp cookie
5 Watch chain
8 Electric measure
12 Short recital piece
14 Actress Falco
15 Sharp-spined fish
16 Standard
17 Dead heat
18 Unjust accusation
20 Harbor platform
23 Infamous emperor
24 Slithery
25 Depict
28 Capote nickname
29 Repentant
30 Biz bigwig
32 "Beat it!" (pig Latin)
34 Utah ski resort
35 Shacks
36 Arctic native
37 Citizen Kane's estate
40 Request
41 Hotel worker
42 Electro-magnetic radiation
47 Singer Guthrie
48 Cold War competition
49 Gush
50 Zodiac feline
51 Picnic invaders

DOWN
1 Snake's warning
2 Negative word
3 Blackbird
4 Kitchen adjunct
5 Blaze
6 — whim
7 Candle scent
8 Ballpark figure
9 Bloodhound's clue
10 Old Italian money
11 Office part-timer
13 Pre-weekend cry
19 Bohemian
20 Drench
21 Wife of Zeus
22 Grad
23 Ephron and Charles
25 Part of Iberia
26 Rights advocacy org.
27 Bigfoot's cousin
29 Gulf War missile
31 Granola grain
33 Follow relentlessly
34 Turkey's capital
36 Doctrines
37 Opening day?
38 Seniors' org.
39 Egyptian river
40 Bullets
43 Exist
44 Scooted
45 Play segment
46 "Certainly!"

Solution time: 26 mins.

O	B	I		T	I	C	S		H	E	A	P
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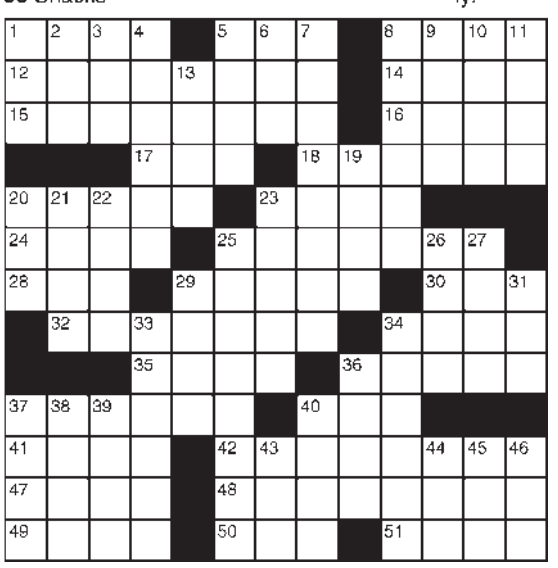
M	A	T	S		P	E	E	K		A	I	D

Last Friday's Answer 11-13



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Gerard Butler, 48; Jimmy Kimmel, 50; Whoopi Goldberg, 62; Chris Noth, 63.

Happy Birthday: You are in the zone and ready to take on the world. Put the past behind you and forge ahead with optimism, prepared to work hard and to make your dreams come true. Your uniqueness and ambition need to be projected. Aim high, but have reasonable plans that will help you maintain balance and integrity in all that you pursue. Your numbers are 7, 10, 19, 23, 34, 37, 45.

ARIES *(March 21-April 19):* Don't get all worked up over nothing. Smart thinking will help you pinpoint what to do next. Gather information and formulate a plan before you take action. If someone disappoints you, don't be surprised. Leave nothing to chance. ✪✪✪

TAURUS *(April 20-May 20):* Get moving. Don't wait around for someone else to go first. Sign up and do your thing. Professional gains can be made if you speak on your own behalf and demonstrate what you can do. A partnership opportunity is apparent. ✪✪✪✪✪

GEMINI *(May 21-June 20):* Keep your thoughts to yourself until you get all the facts. Relationships will suffer if you make assumptions or are misleading. Keep busy, but don't ignore someone who is dependent on you. Quiet pursuits will be your best course of action. ✪✪

CANCER *(June 21-July 22):* Think twice before you make a fuss. You'll meet with opposition if you take action without offering an explanation. Focus on personal growth and trying new things. A creative endeavor will ease your stress. Make love, not war. ✪✪

LEO *(July 23-Aug. 22):* You'll do better dealing with outsiders than you will with those you live with. Short trips, networking events and professional changes will keep you moving forward and help you avoid a personal situation you aren't ready to address. ✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Share your feelings, but don't force your will on others. It's important to let everyone have a say as well as to compromise when possible. Learn from those you admire and you'll gain respect. Give-and-take should be your aim. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Keep your personal life a secret and you'll avoid being talked about. Getting along with others will make a difference to how fast you advance. Offer unique ideas and you'll be given an opportunity to put them into play. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Charm, originality and incentives will help you persuade others to support your plans. Home improvements will encourage comfort, romance and spending more time doing the things you enjoy. Personal changes will enhance your life. ✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Be cognizant of what's happening around you and how others may react. Showing sensitivity and thoughtfulness will help you avoid criticism and complaints. A fair assessment is encouraged if you want to drum up support. ✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Pace yourself and you'll accomplish everything you set out to do. Your ability to sense when something's not right will help you discourage others from interfering with your plans. An unusual opportunity looks promising. A personal change will result in compliments. ✪✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* You'll be offered a false impression conveyed by someone's actions. Don't make assumptions or you will end up in a situation that could cost you emotionally or financially. Temptation and indulgent behavior should be avoided. ✪✪✪

PISCES *(Feb. 19-March 20):* Positive changes can be made. Being aware of others' feelings will help you make the right choices. Use your charm, unique approach to finding solutions and your intuition when dealing with life, love and joint ventures. ✪✪✪

Birthday Baby: You are charming, witty and persuasive. You are compelling and conscientious.

To submit astrological questions to the "Dear Eugenia" column, visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku *By Dave Green*

				9	3			
	1		4		5		9	
7		4				2		5
5	2						1	
8			3		7			9
	3						5	8
2		3				7		1
	5		7		6		4	
			1	4				

Difficulty Level ★ 11/13

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

4	6	2	5	8	7	1	3	9
1	3	8	6	2	9	5	7	4
7	9	5	1	3	4	6	2	8
8	7	6	4	1	2	3	9	5
2	5	4	3	9	8	7	1	6
9	1	3	7	5	6	8	4	2
3	4	7	9	6	5	2	8	1
6	2	9	8	7	1	4	5	3
5	8	1	2	4	3	9	6	7

Difficulty level ★★★★★ 11/6

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

FEELING SWOONY Solution: 8 letters

E	D	E	R	R	U	L	B	L	A	C	K	O	U	T
L	O	I	K	N	O	C	K	O	U	T	H	G	I	S
A	W	K	P	X	D	I	Z	Z	I	N	E	S	S	E
T	N	E	Y	A	E	L	R	I	A	P	S	E	D	I
I	O	G	I	T	R	E	V	C	R	E	G	N	A	T
O	E	C	N	A	R	T	I	T	N	I	A	(F)	R	I
N	N	E	P	O	C	N	Y	S	G	S	(E)	I	T	V
O	O	R	O	O	A	N	U	N	P	(A)	G	E	U	I
I	I	E	R	P	O	O	I	O	(R)	G	E	N	O	T
S	T	S	D	G	I	T	T	N	E	R	V	E	S	I
U	I	P	A	C	A	R	V	R	E	R	O	R	S	S
F	D	O	S	E	A	A	S	F	A	L	L	G	A	N
N	N	N	W	E	S	U	C	C	U	M	B	Y	P	E
O	O	S	H	Y	M	M	A	L	C	A	U	S	E	S
C	C	E	U	N	E	A	S	Y	R	E	T	T	I	J

© 2017 Andrews McMeel Syndication www.wonderword.com 11/13

Agony, Anger, Blackout, Blurred, Causes, Clammy, Condition, Confusion, Consciousness, Despair, Dizziness, Down, Drop, Elation, Energy, Faint, Fall, Fear, Heart, Jittery, Knockout, Love, Nerves, Oxygen, Panic, Pass Out, Rapid, Response, Sensitivities, Sight, Spot, Succumb, Sweating, Syncope, Trance, Trauma, Triggers, Uneasy, Vertigo

Last Friday's Answer: Ice Cream

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

CLASSIFIED ADS

COMMONWEALTH DEVELOPMENT AUTHORITY

REQUEST FOR PROPOSAL
2018-CDA-01-RFP

CLOSING DATE: Tuesday, November 21, 2017 TIME: 10:00 A.M.

"Architectural/Engineering Services"

THE SCOPE OF WORK MAY BE PICKED UP AT THE COMMONWEALTH DEVELOPMENT AUTHORITY OFFICE, LOCATED ON THE 2ND FLOOR, CDA BUILDING., OLEAI, SAIPAN, DURING REGULAR WORKING HOURS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES AND KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE COMMONWEALTH RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS AND PROPOSALS IN WHOLE OR IN PART, AND TO WAIVE ANY IMPERFECTION IN A BID IN THE BEST INTEREST OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS. ALL BIDS SHALL BECOME THE PROPERTY OF THE CNMI GOVERNMENT.

/s/ MANUEL A. SABLAN
Executive Director

/s/HERMAN S. SABLAN, Director
Division of Procurement & Supply

PROCUREMENT AND SUPPLY
CNMI GOVERNMENT

INVITATION TO BID
ITB NO.: ITB18-DPW/TSWMD-014-CIF TINIAN

SUBMISSION DATE: NOVEMBER 30, 2017 TIME: 10:00 A.M.

"PURCHASE OF A 4X4 PICK UP TRUCK (4-DOORS) FOR THE DEPARTMENT OF PUBLIC WORKS, SOLID WASTE MANAGEMENT DIVISION IN TINIAN"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT & SUPPLY, LOCATED AT THE FORMER EMERGENCY MANAGEMENT OFFICE, ASCENCION DRIVE, BUILDING NO. 1301, CAPITOL HILL, SAIPAN, DURING REGULAR WORKING HOURS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ PETER P. CAMACHO
ACTING, SECRETARY OF DPW

/S/ HERMAN S. SABLAN
DIRECTOR OF P&S

Commonwealth of the Northern Mariana Islands
NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp • Website: http://www.nmhcgov.net

INVITATION FOR BIDS

(This ad is paid for by NMHC with HUD funds.)

BID SUBMISSION DATE: Tuesday, December 05, 2017 • TIME: 10:00 AM

NMHC IFB 2017-009
CLEANING SERVICES FOR NMHC'S CENTRAL OFFICE IN SAIPAN

Proposal packets will be available on November 08, 2017, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of Twenty-Five Dollars ($25.00) is required for each set. Payment shall be made by cash, credit card, money order or cashier's check (payable to the Northern Marianas Housing Corporation).

The provisions of the CNMI Procurement regulations, NMIAC 70-30.3-725 AND 70-30.3-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A **Mandatory Pre-Bid conference** will be held at **10:00 a.m.** on **November 23, 2017**, at the NMHC Conference Room, Saipan.

For more information, contact Mr. Jacob Muna, Acting Office Manager, at (670)234-6866/7689 during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/ Ignacio L. Perez
Chairman, NMHC Board of Directors

/s/ Herman S. Sablan, Director
Division of Procurement & Supply

Board of Trustees
Commonwealth Healthcare Corporation
Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road Navy Hill, Saipan, MP 96950

Pursuant to 1 CMC § 9910, the Commonwealth Healthcare Corporation hereby gives notice that a meeting of the Board of Trustees will be held on Thursday, November 16, 2017 at 5:30 p.m. in the CEO's Conference Room 3 located at the Administrative Offices (new wing).

AGENDA

I. Call to Order

II. Approval of Agenda

III. Approval of Minutes
Adoption of October 19, 2017 Regular Meeting Minutes
Public Comments

IV. Reports
A. Management & Operations
B. Financial Statement
C. CHCC Budget
D. Malpractice Insurance
E. CMS & ECRI

V. New Business
A. Chinese Investors
B. FQHC Board
C. Review of Proposed BOT Bylaws

VI. Announcements

VII. Adjournment

P.O. Box 500409 CK, Saipan, MP 96950
Telephone: (670) 236-8201/2 Fax: (670) 233-8756

Board of Trustees
Commonwealth Healthcare Corporation
Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road Navy Hill, Saipan, MP 96950

Pursuant to 1 CMC § 9911, the Commonwealth Healthcare Corporation hereby gives notice that a Special meeting of the Board of Trustees will be held on Tuesday, November 14, 2017 at 5:30 p.m. in the CEO's Conference Room 3 located at the Administrative Offices (new wing).

CHCC Board of Trustees Special Meeting
November 14, 2017 at 5:30 p.m.

AGENDA

I. Call to Order

II. Determination of Quorum

III. Review and Adoption of the Agenda

IV. Executive Session
A. Counsel to discuss legal analysis of pending legislation pursuant to 1 CMC § 9921(6).

V. Adjournment

P.O. Box 500409 CK, Saipan, MP 96950
Telephone: (670) 236-8201/2 Fax: (670) 233-8756

Northern Marianas College

P.O. Box 501250 CK, Saipan, MP 96950
Phone: (670) 237-6858/6855 • Fax: (670) 235-3696
Website: http://www.marianas.edu

VACANCY ANNOUNCEMENTS

Re-Announcement No. 17-006
Position Title: **Program Lead: Extension & Communications Specialist**
Department: Cooperative Research and Extension Education Services (CREES)
Pay Level & Step: 32/01 – 35/02
Annual Salary: $45,632.48 - $53,126.90
Location: As Terlaje Campus, Saipan
Opening Date: June 05, 2017 Closing Date: Until Filled

Announcement No. 17-032
Position Title: **Director, School of Business**
Department: Business
Pay Level & Step: 35/Steps 01-02
Annual Salary: $51,528.98 - $53,332.49
Location: As Terlaje Campus, Saipan
Opening Date: July 26, 2017 Closing Date: Until Filled

Announcement No. 17-041
Position Title: **Director of Marketing & Communications**
Department: Office of Institutional Advancement
Pay Level & Step: 25/Steps 01-04
Annual Salary: $49,864.16 - $55,285.29
Location: As Terlaje Campus, Saipan
Opening Date: June 20, 2017 Closing Date: Until Filled

Announcement No. 17-042
Position Title: **Dean, Institutional Effectiveness**
Department: Office of Institutional Effectiveness
Pay Level & Step: Executive Grade 02/Steps 01-02
Annual Salary: $60,000 - $62,100
Location: As Terlaje Campus, Saipan
Opening Date: July 31, 2017 Closing Date: Until Filled

Announcement No. 17-044
Position Title: **Specialty Instructor-Professor, Nursing**
Department: Nursing
Pay Level & Step: 27/03, 29/01, 30/01, 31/01
Annual Salary: $46,265.08 - $53,604.43
Location: As Terlaje Campus, Saipan
Opening Date: July 11, 2017 Closing Date: Until Filled

Announcement No. 17-052
Position Title: **Department Chair, Languages & Humanities**
Department: Languages & Humanities
Pay Level & Step: 36/01 – 36/02
Annual Salary: $51,528.98 - $53,332.49
Location: As Terlaje Campus, Saipan
Opening Date: June 23, 2017 Closing Date: Until Filled

Announcement No. 17-059
Position Title: **Systems Administrator**
Department: Information Technology
Pay Level & Step: 22/01 – 32/02
Annual Salary: $43,197.84 - $44,709.77
Location: As Terlaje Campus, Saipan
Opening Date: October 12, 2017 Closing Date: Until Filled

Announcement No. 17-060
Position Title: **Extension Aide I-II (Expanded Food and Nutrition Education Program)**
Department: Cooperative Research and Extension Education Services (CREES)
Pay Level & Step: 10/01, 12/01
Annual Salary: $15,818.92 - $26,773.63
Location: As Terlaje Campus, Saipan
Opening Date: September 20, 2017 Closing Date: Until Filled

Announcement No. 17-061
Position Title: **Extension Aide I-II (CREES) - Rota**
Department: Cooperative Research and Extension Education Services (CREES)
Pay Level & Step: 10/01, 12/01
Annual Salary: $15,818.92 - $26,773.63
Location: NMC Rota Campus
Opening Date: September 20, 2017 Closing Date: Until Filled

Applications must be submitted by 4:30 pm on the closing date. If there are no qualified applicants or the set of qualified applicants is deemed an insufficient pool, the closing date will be extended for two-week periods for further submission and review of applications until the search is closed. Deadlines that fall on a non-business day will be extended to the next business day. All salaries are subject to availability of funds. The College is an Equal Opportunity Employer.

WHATZIT Solution: Drunk and disorderly

CLASSIFIEDS RATES AND POLICIES

Saipan Tribune's Classifieds Section gives you the right exposure without hurting your pockets. Stretch your dollar and get results.

CLASSIFIED LINER ADS

Saipan Tribune also offers a Super Saver Package—a complete 5-day run in both print and online editions, for as low as $30 for garage sales, apartment rentals, help wanted, auto and more. You can choose from any of the packages below.

ADS	(PRINT)	COMBO (PRINT AND ONLINE)
• 3-Liner	$15	$30
• 5-Liner	$24	$45

ADVERTISING DEADLINE

Classified Ads

Ads must be submitted before 12 noon 2 days prior to publication date

CANCELLATION

Classified Ads

Cancellations should be made before 12 noon of the day prior to date of publication.

REFUNDS

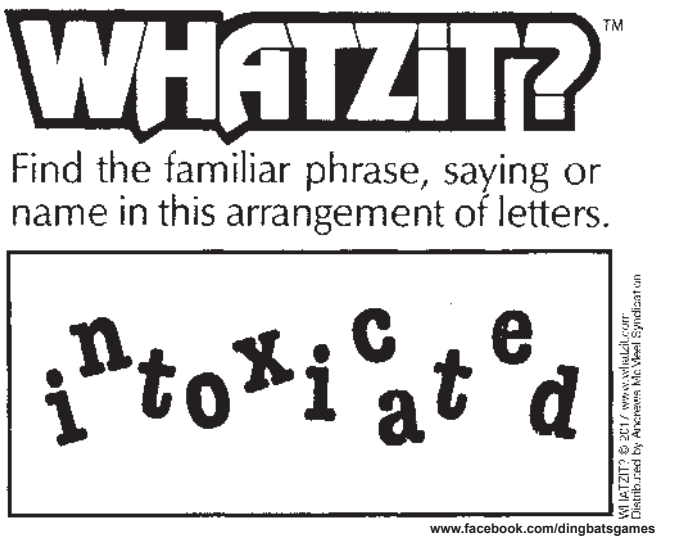
Refunds will only be made if cancellation deadlines are met. No refunds will be made once ad is already printed.

CHECK YOUR ADS

Saipan Tribune will not be responsible for errors after the first day of publication. Errors should be called in before noon of the issue date. *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.

ADVERTISING POLICY

All advertising in the *Saipan Tribune* are subject to applicable rate sheet, copies of which are available from the Advertising Sales Department (please call 235-8747, 235-2769 or 235-6397). All ads will be subject to approval prior to publication. We reserve the right to edit, refuse, reject or cancel any ad at any time. Also, *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.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Find today's solution in classified section

After US, Italy risks missing World Cup

SOLNA, Sweden (AP)—Four-time champion Italy was left at serious risk of failing to qualify for the World Cup for the first time in six decades and duplicating the U.S.' misfortunes after losing at Sweden 1-0 in the opening leg of their playoff on Friday.

Substitute Jakob Johansson scored shortly after the hour mark with a shot from the edge of the area that deflected in off Daniele De Rossi. After a long throw-in, Ola Toivonen headed the ball out to Johansson and his deflected drive wrong-footed goalkeeper Gianluigi Buffon for his first international goal.

The Azzurri created few chances at Friends Arena outside Stockholm and were fortunate not to concede more goals after allowing Sweden a series of free kicks early on.

Italy's best opportunity was a long effort from Matteo Darmian that squarely hit the post in the 70th. The Azzurri's only other significant chance was a header from Andrea Belotti six minutes in.

Sweden imposed itself with its physicality and playmaker Emil Forsberg proved especially dangerous with his passing skills, setting up numerous opportunities.

Early in the second half, Italy became outraged at Sweden's physicality, protesting for yellow cards at perceived excessive contact. But Turkish referee Cuneyt Cakir said to play on.

Italy coach Gian Piero Ventura wanted the referee to intervene more.

"But that's not a justification," Ventura said. "A draw was the minimum we could hope for considering what happened on the pitch."

AP

Sweden's Emil Forsberg takes on Italy goalkeeper Gianluigi Buffon during the World Cup qualifying playoff first leg soccer match between Sweden and Italy, at the Friends Arena in Stockholm, Friday, Nov. 10, 2017.

Italy has participated in every World Cup since failing to qualify for the 1958 tournament, which coincidentally was held in Sweden.

The last major competitions Italy missed were the 1984 and 1992 European Championships.

The U.S., on the other hand, was eliminated from World Cup contention last month with a 2-1 loss to Trinidad and Tobago that ended a run of seven straight American appearances at soccer's showcase.

Meanwhile, in other qualifiers, Honduras held Asian Cup champion Australia to a 0-0 draw in the first leg of their intercontinental World Cup playoff, leaving a spot at Russia still very much at stake for both teams in next week's return leg in Sydney.

Oceania champion New Zealand also held Peru to a 0-0 draw Saturday in the first leg of their intercontinental World Cup playoff.

The teams will head to Lima next week for the second leg with the South Americans hoping to return to the World Cup for the first time in 36 years and New Zealand looking to make just its third appearance at the finals.

Denmark failed to break through some stubborn defending by Ireland in a lackluster 0-0 draw in the first leg of their World Cup playoff on Saturday.

Ireland goalkeeper Darren Randolph was forced to make two good saves in the first half but was protected well after halftime, with Denmark star Christian Eriksen kept quiet at Parken Stadium.

Both teams were careful to not leave themselves open in what was always likely to be a tight match, given Ireland's preference to defend deeply and play on the counterattack.

The second leg is in Dublin on Tuesday, when Denmark will look to clinch a place in its first major tournament since 2012.

Senegal seized the second chance it was given by FIFA to qualify for the World Cup, beating South Africa 2-0 in a replay of a game it lost first time round last year.

FIFA ordered the qualifier to be played again because of match-fixing by the referee in the initial match in November 2016. At the center of FIFA's decision was a penalty given against Senegal for a non-existent handball that helped South Africa win 2-1 12 months ago.

Senegal used the contentious replay at the same stadium in Polokwane in northern South Africa as the annulled game to seal its place at the World Cup for the first time since 2002.

Yankees interview former Indians and Mariners manager Wedge

NEW YORK (AP)—Eric Wedge promises a touchy-feely approach if hired as New York Yankees manager, rejecting the old-school method of publicly challenging players to motivate them.

"If something like that happens today, especially with social media and everything else that's involved with it, it's going to have legs, it's going to be misinterpreted, there's going to be a lot more opinion about it and it's going to be one hell of the distraction," the former Cleveland and Seattle manager said Friday after his interview with the Yankees. "I'd say that that day has probably passed by."

Joe Girardi criticized Gary Sanchez last August and benched him for a game, saying: "Bottom line, he needs to improve. He's late getting down." Sanchez tied for the big league lead with 16 passed balls and was behind the plate for 53 wild pitches, second-most in the majors.

Wedge spoke of a generic player receiving a rebuke from his manager through the media.

"You're going to have to have one tough cookie to be able to do that and make it work for you," he said. "For him to get something out of that, he's going to have to be really tough to be able to handle that and actually digest it to see it's in his best interest."

After a decade managing the Yankees, Girardi was told last month that he was not being offered a contract. Wedge became the second person to interview for the job following New York bench coach Rob Thomson on Wednesday.

Sanchez, who turns 25 next month, was an All-Star in his first full big league season.

"He's still young. He's still learning. He's still going through things that he needs to go through and he will continue to go through, but he'll get better," said Wedge, a former catcher. "It's just a maturation process that young players with his type of ability have to go through."

Now 49, Wedge was a "cup of coffee" player in the majors, getting 86 at-bats over four seasons with Boston (1991-92, 1995) and Colorado (1994) and making 23 appearances behind the plate.

"I believe you can have a personal relationship with your players as well as a professional relationship," he said. "It takes a little bit more time. It takes a little bit more effort. But I think that it's something that's imperative, something I've always done, something I'll continue to do. And as long as they understand where you're coming from, that you care about them, and you care about them for the right reasons, which quite frankly is for them and their family, then when it is time to turn that page to a more professional conversation of maybe an even more edgy conversation, we'll be in a good position to do that."

Wedge managed in Cleveland's minor league system in 1998 and was promoted to big league manager before the 2003 season. He was voted AL Manager in the Year in 2007, when the Indians won the AL Central, beat the Yankees in the Division Series—the one with the Joba Chamberlain midge game—and lost to Boston in a seven-game Championship Series after holding a 3-1 lead. He was fired in 2009 after seven seasons with a 561-573 record.

Wedge was hired as Seattle's manager before the 2011 season. The Mariners went 213-273 over three seasons. He missed 28 games following a stroke, which he believes may have been caused by sleep apnea, then at the end of the season turned down a one-year contract. His overall big league managing record is 774-846.

Solo accuses Blatter of sexual assault

PORTUGAL (AP)—Hope Solo told a Portuguese newspaper that former FIFA President Sepp Blatter sexually assaulted her at the Ballon d'Or awards ceremony in 2013.

In an interview published Friday in the newspaper Expresso, Solo said Blatter grabbed her rear end shortly before the two appeared onstage at the annual soccer awards event.

A representative for Solo confirmed Friday to The Associated Press that the report was accurate and said the former goalkeeper for the U.S. women's national team had no further comment on the matter.

Blatter could not immediately be reached for comment by the AP, but the embattled former head of soccer's governing body told the Guardian newspaper: "This allegation is ridiculous."

Solo has been dogged by a number of off-the-field controversies. Notably, a domestic violence case stemming from a 2014 altercation at a family member's home in Washington state.

Solo anchored the U.S. team in goal during its 2015 Women's World Cup championship run, allowing just three goals in seven games with five shutouts during the tournament.

For her career, Solo has made 202 total appearances with the national team, with 153 wins and an international-record 102 shutouts.

Solo's tenure with the national team ended following last year's Olympics in Brazil, when the Americans were ousted by Sweden in the quarterfinals. Afterward, Solo called the Swedish team "cowards" for their defensive style of play.

She was suspended from the team shortly thereafter and has not returned.

Blatter was suspended from office and banned from soccer for six years following allegations of a widespread corruption scandal that came to light in 2015. Both U.S. and Swiss officials cooperated in the investigation, which is ongoing, and more than 40 people have been indicted.

Blatter has also had a history of what many consider to be sexist behavior concerning the women's game.

U.S. forward Alex Morgan has said that Blatter failed to recognize her at the annual award event in 2012, even though she was one of three nominees for the women's Player of the Year.

Blatter also famously argued in 2004 that players could boost the popularity of the women's game by wearing tighter shorts.

Harden lifts Rockets to victory over Grizzlies

HOUSTON (AP)—James Harden scored 38 points to lead the Houston Rockets to a 111-96 victory over the Memphis Grizzlies on Saturday night.

After suffering two losses to Memphis in the first two weeks of the season, the Rockets finally solved their shooting woes against the Grizzlies.

In their previous two meetings, Memphis held the Rockets to 90 and 89 points, the only two times the Rockets have been held under 100 points this season, and Houston's lowest two scoring efforts ever under head coach Mike D'Antoni.

On Saturday night, Houston jumped out to a 9-0 lead by draining three 3s and never let Memphis go ahead, leading by as many as 25 points. The Rockets outdid their previous scoring against Memphis by the end of the third quarter, entering the fourth with a 93-70 lead.

Houston hit 16 of 45 (35.6 percent) from beyond the arc, including 6 of 14 from Harden, who added eight assists and four rebounds. Eric Gordon added 26 points on 6 of 11 3-point shooting for Houston.

AP

Houston Rockets guard James Harden (13) shoots as Memphis Grizzlies center Marc Gasol (33) defends during the second half of an NBA basketball game Saturday, Nov. 11, 2017, in Houston.

Warriors 135, 76ers 114

In Oakland, Kevin Durant returned from missing one game with a leg injury to finish with 29 points, leading Golden State past Philadelphia for its sixth straight win.

Draymond Green had 10 points, 10 rebounds, seven assists, five blocks and two steals. Stephen Curry added 22 points and nine assists to surpass the 4,000-assist mark for his career and Klay Thompson scored 23 as the Warriors pulled away in the second half.

Durant sat out Wednesday's win against the Timberwolves with a bruised left thigh but hardly showed any signs of an issue. Curry, sporting new cornrows in his hair, briefly went to the locker room early in the second but returned.

Bucks 98, Lakers 90

In Milwaukee, Giannis Antetokounmpo scored 33 points to help Milwaukee overcome Lonzo Ball's triple-double for Los Angeles.

Ball became the youngest player in NBA history to record a triple-double, finishing with 17 points, 13 assists and 12 rebounds. At 20 years and 15 days, he bested LeBron James by four days to become the youngest to accomplish the feat.

Milwaukee used a 9-2 run at the end of the third quarter to grab a 77-67 lead.

The Bucks maintained a double-digit lead throughout most of the fourth

Pelicans 111, Clippers 103

In New Orleans, DeMarcus Cousins had 35 points and 15 rebounds and Anthony Davis added 25 points and 10 rebounds to help New Orleans beat Los Angeles.

Jrue Holiday had eight assists for New Orleans, half of the total assists generated by the entire Clippers team. The Pelicans also overcame 23 turnovers. Cousins lost the ball eight times—two on offensive fouls—and Holiday had seven turnovers.

Blake Griffin led the Clippers with 27 points, but it came on 9-of-27 shooting. DeAndre Jordan has 12 points and 14 rebounds.

Spurs 133, Bulls 94

In San Antonio, Pau Gasol had 21 points and 10 rebounds and short-handed San Antonio beat Chicago, setting a season high in points despite missing a third of their roster Saturday night.

Dejounte Murray added 17 points and Davis Bertans had 16 points in 18 minutes for San Antonio.

Chicago lost rookie forward Lauri Markkanen to a sprained left ankle late in the first half. The severity of the injury is unknown.

The Spurs were without six players, including three starters. In addition to Kawhi Leonard and Tony Parker, who have yet to play this season due to quadriceps injuries, San Antonio was without Danny Green. Manu Ginobili rested on the second night of a back-to-back.

Cavaliers 111, Mavericks 104

In Dallas, Kevin Love had 29 points and 15 rebounds and Kyle Korver scored all 13 of his points in the fourth quarter to help Cleveland beat Dallas.

The Mavericks were down by as many as 11 points in the fourth quarter and cut the lead to one on two occasions but could never take the lead.

With the American Airlines Center crowd standing for most of the game's final four minutes, Harrison Barnes missed a 3-pointer that would have put Dallas up by one. Korver was fouled on the rebound and made both free throws to put the Cavs up 106-102, and Cleveland clinched the game with free throws.

Barnes finished with 23 points.

LeBron James, averaging 36 points in November, had just 19.

Nuggets 125, Magic 107

In Denver, Jamal Murray scored a career-high 32 points, Will Barton had 26 points and nine rebounds—both season bests—and Denver beat Orlando.

Nikola Jokic had 12 points and 17 rebounds for his eighth double-double of the season and also added eight assists for Denver. Murray had 22 points in the first half to help Denver take a 70-47 lead and hit a basket late in the fourth to set his career high.

Denver finished its season-long six-game homestand 5-1 and benefited from a short-handed Magic team.

Knicks 118, Kings 91

In New York, Kristaps Porzingis returned after a one-game absence to score 34 points, and Courtney Lee added 20 in New York's victory over Sacramento.

Porzingis missed a loss at Orlando on Wednesday night with ankle and elbow injuries.

Enes Kanter had 17 points and 13 rebounds for the Knicks. Skal Labissiere scored 19 points, and Buddy Hield had 17 for the Kings.

Suns 118, Timberwolves 110

In Phoenix, Devin Booker and T.J. Warren scored 35 points apiece and Phoenix snapped a five-game losing streak by beating Minnesota.

Booker scored nine in the Suns' decisive 21-7 run over the final 3:50.

Andrew Wiggins scored 27 points and Jimmy Butler had 25 in Minnesota's second straight loss after a five-game winning streak.

Wizards 113, Hawks 94

In Washington, Bradley Beal scored 19 points and Washington forced Atlanta into a season-worst 24 turnovers.

Markieff Morris scored 18 points in his best game offensive game since returning from sports hernia surgery, and Kelly Oubre added 18 in Washington's second straight win.

Taurean Prince scored 19 points and Marco Belinelli had 15 for Atlanta.

Jazz 114, Nets 106

In Salt Lake City, Donovan Mitchell scored 26 points, including four in the final minute, to lead Utah past Brooklyn.

Without Rudy Gobert, who sat with a bruised knee, Derrick Favors had season highs of 24 points and 12 rebounds and the Jazz snapped their four-game losing streak.

Chicago is slam dunk for 2020 All-Star festivities

CHICAGO (AP)—For the NBA, Chicago was a slam dunk to host the 2020 All-Star game.

The city will host the showcase event for the first time since 1988, when Michael Jordan took off from the foul line in an epic dunk contest and delivered an MVP performance in the game.

Commissioner Adam Silver, Mayor Rahm Emanuel and Bulls executives Michael Reinsdorf and John Paxson were on hand Friday for the announcement on the United Center floor.

Silver said Chicago faced "a lot of competition" to bring it back and the city's plan put it "over the top."

Renovations in and around the arena, a new 10,000-seat facility on the Near South Side and Emanuel's desire helped bring in this one. So did a change of heart by the Bulls.

For years, chairman Jerry Reinsdorf opposed hosting the game because of concerns about displacing season ticketholders. But with son Michael—the president and chief operating officer—assuming more authority and grandson Joey in favor, he relented.

"We've been going for so many years," Michael Reinsdorf said. "At the end of the day, I tried to explain it to my dad. I don't think he's been to an (NBA) All-Star game since 1988. I tried to explain to him the difference now than what it was like when we hosted last. It's just such a great impact to the city."

There was some thought that the 2019, 2020 and 2021 All-Star games would go to teams with new arenas. Golden State, Sacramento, Milwaukee and Detroit have all either recently constructed new homes or have one being built.

But the schedule also got thrown off a bit after North Carolina passed a law restricting the rights of LGBT people. The league moved the 2017 All-Star game from Charlotte to New Orleans in response.

After North Carolina passed a compromise bill limiting anti-discrimination protections for lesbians, gays, bisexual and transgender people, the NBA gave Charlotte the 2019 game.

As for 2020?

"There were several other cities that were interested," Silver said. "We try over time to take care of all the cities that do want to have an All-Star game. I think it becomes a function of timing. I think for some of the other cities that were building, some of the refurbishments that are planned had not been completed yet, had not been finalized in terms of financing so the timing just didn't work out. It's really more a function of scheduling."

'NFL should get rid of Thursday night games'

FLORHAM PARK, N.J. (AP)—Jermaine Kearse is no fan of Thursday night games.

The New York Jets wide receiver echoed what has become a growing sentiment among NFL players who think the league should get rid of short work weeks because they are detrimental to their health and safety.

"You're asking guys who play a high volume on one day and literally give it their all on that one day and ask them to recover and try to bounce back in a couple of days," Kearse said after practice Friday. "It's kind of tough, especially when you're already dealing with certain stuff from previous weeks that might be nagging or lingering."

Kearse was asked about his thoughts on Thursday games a day after he watched former Seattle teammate Richard Sherman suffer a season-ending Achilles tendon injury in the Seahawks' win against the Arizona Cardinals.

When asked whether the NFL should ditch the Thursday games, Kearse said flatly: "Yeah."

The veteran receiver said he couldn't speak for all players, but thinks games on Thursday nights aren't "helpful" because of the short recovery time after playing on Sunday.

"This game has a 100 percent injury rate," Kearse said. "That's the truth, that's the facts. ... You give them a short week like that, it's tough."

Kearse says the NFL Players Association needs to address the issue during its next collective bargaining agreement meetings with the league.

"I think there definitely needs to be a discussion, for sure," he said. "Just finding better ways to take care of the players. I mean, guys are putting their bodies on the line, day in and day out."

Kearse mentioned Houston rookie quarterback Deshaun Watson suffering a season-ending knee injury on a noncontact play in practice last week.

He added that if players gets banged up on Sunday, they sometimes aren't ready to play until the following Saturday.

"It depends on how you come out of the game, really," Kearse said.

Kearse played in a Thursday night game last week when the Jets beat the Buffalo Bills 34-21 . He said he was fortunate to not have had any injury issues coming out of the previous game against Atlanta.

"For me, I just have to do as much as I can, whether it's spend more time in the recovery process or trying to get my body to its best ability to go out there and perform on that Thursday," he said. "For others, some guys are fighting their recovery until the night of the game."

Meanwhile, Dallas Cowboys left tackle Tyron Smith will miss Sunday's game against the Falcons because of back and groin injuries.

The Cowboys said Saturday that Smith and tight end Geoff Swaim were downgraded from questionable to out and didn't make the trip to Atlanta. Swaim injured a knee in practice Thursday.

A four-time Pro Bowl selection who protects quarterback Dak Prescott's blind side, Smith has been battling back issues since last season, when he missed three games. The 26-year-old injured a groin in last weekend's win over Kansas City.

Chaz Green will make his sixth career start in Smith's place. Green started the first three games this season at left guard before losing the job to Jonathan Cooper.

Swaim has been a seldom-used third tight end behind Jason Witten and James Hanna.

The Cowboys signed defensive tackle Daniel Ross off Kansas City's practice squad, but he didn't make the trip to Atlanta. Defensive tackle Brian Price injured a knee last weekend and is out for the season.

In Detroit, the Lions have activated tackle Taylor Decker from the physically-unable-to-perform list before Sunday's game against Cleveland.

Decker has been out all season because of a shoulder injury . He started every game for the Lions as a rookie last season after being drafted in the first round.

Detroit also announced Saturday that it has activated tackle Corey Robinson from injured reserve-designated for return. The Lions waived wide receiver Jace Billingsley.

The Lions will be without guard T.J. Lang against the Browns because of a concussion. Defensive end Ziggy Ansah is doubtful because of a back injury.

AP

Seattle Seahawks tight end Jimmy Graham pulls in a touchdown pass as Arizona Cardinals strong safety Antoine Bethea (41) defends during the second half of an NFL football game, Thursday, Nov. 9, 2017, in Glendale, Ariz.

DIZON

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am busy with work and family. As much as possible, I try to squeeze in practice every weekend or at 6:30pm after work," added Dizon, who completed the race in 2:02:10.

Diyco, who bested Dizon and Libut in the PIC race by milliseconds, was more than three minutes behind Dizon at 2:05:47, while Libut clocked in at 2:09:04.

"I encountered some problems with my gears going up Radar. Good thing my bike did not have any major trouble after that and I still managed to finish second," said Diyco.

Quinn, meanwhile, showed that she still had enough gas on her tank as she blitzed past her opponents in the punishing race that tested the legs and endurance of the riders with the killer climbs up north.

Quinn clocked 2:23:02 or almost three minutes ahead of runner-up Emily Northrop's 2:26:01, while Ayano Braxton came in at third after finishing the long course in 2:31:00.

The long course had a distance of 55 kilometers with riders heading toward Mobil Tanapag where they made their turn and started the challenge of North's dreaded five-corners for the climb at the Radar in As Matuis and then toward Suicide Cliff, Bird Island, Grotto, and Banzai Cliff. From Banzai Cliff, the riders headed back to Mariana Resort where they made a final turn going to Bird Island and Grotto before the final lap back to Marianas Resort.

The short course began at Mariana Resort going further north to Suicide Cliff, Bird Island, Grotto, and Banzai Cliff and back to the starting line.

JON PEREZ

Kanae Quinn steers her bike at the turning point as she heads toward Bird Island and Grotto for the final leg of the long course division of the pre-Hell of the Marianas race held yesterday.

KANOA

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match brought the game back to square one, 2-2. Millare was left open from at the right sideline as Kanoa's defense collapsed on Katrina Costales, who made the short pass as Francisco, Santiago, and Itaas ganged up on her.

Neither team then managed to score in the remaining minutes, sending the game in overtime. The match remained in a deadlock after the 15-minute extra time with Francisco and Itaas muffing their attempts and Toves getting back-to-back saves off Millare's hits.

With the finals still undecided, the opposing teams went to a shootout with Kanoa firing first and Joyce missing after Shirley's Irish Viray tapped the ball out. Lillian Podziewski also failed to convert as her kick were way over the goal.

Itaas was next and Viray nearly tapped the lob out, but lost grip, allowing the former to score. While Kanoa managed to hit the board on its second try, Shirley's continued to struggle with Millare and Costales missing. Toves stepped in and used her knee to block Millare's shot, while Costales' kick went wide to the right.

Santiago also targeted the right corner and the shot went in, giving Kanoa a 2-0 lead, which was then cut to one after Magat scored with the ball hitting the top crossbar and then rolling down and into the net, catching Toves off guard.

However, Kanoa gained cushion anew when Alcantara's shot rolled in, too despite being partially blocked by Viray. Joannah Carreon kicked last and Toves put the finishing touches on Kanoa's upset after catching the ball.

Meanwhile, Southern United won the battle for third place after downing MP United in the consolation match, 4-2. Jerlyn Castillo made a hat trick for Southern United, while Sue Ann Huevas scored the other goal. Maury Zon Tybaco and Francesca Bucalig drilled the two goals for MP United.

BLACK

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for 31 points, but not to be left behind was Capalad, who registered 30 markers.

Capalad capped Black Mamba's long-game domination of White Haus by drilling his team's last 6 markers. His string of 7 markers midway and final 5 points of Black Mamba in the second quarter gave his squad a double-digit lead at the break, 50-37.

Lauron, on the other hand, started things out for Black Mamba, as the mobile big man made 10 points in the first quarter, which ended with the winning team ahead by 9, 29-20.

Lauron and Capalad continued to do the damage for Black Mamba in the second half to preserve their twin-digit lead en route to their eighth victory in 10 games.

With the loss, White Haus dropped to a 5-4 record and is not assured yet of a slot to the playoffs. White Haus was playing Empe Light (3-6) last night and results of their game were unavailable at press time. Only the Top 8 teams will advance to the playoffs and four spots have been filled.

Meanwhile, another squad in danger of not making it to the next stage of the competition is Team Sawi, which fell to a 4-5 slate after absorbing a loss to Vendetta, 84-70.

Vendetta, which is out of playoff contention, rolled to its third straight win. Gino Libuw towed Vendetta to victory after exploding for 38 points. Ed Pangelinan and Raymark Castro also finished in twin digits for Vendetta, recording 17 and 16, respectively.

Barney & Friends tops Lose Big, Win Big

Barney & Friends bested 73 teams to rule TanHoldings' Lose Big, Win Big (Saipan Edition 2) competition.

The winning squad is made up of Roldan Pelagio and Bryan Valenton, who combined for a body fat loss of 49.80 percent at the conclusion of the three-month contest. For being the "biggest loser," the pair won the biggest cash prize at stake—$5,000. TanHoldings president Jerry Tan, TanHoldings vice president for Corporate Affairs and Human Resources Catherine Attao-Toves, and Tan Siu Lin Foundation manager Merlie Tolentino presented the $5,000 to Pelagio and Valenton during the awards ceremony hosted by TanHoldings Corporate Affairs' Community Relations director Carline Sablan last Friday at the Nami Bar.

ROSELYN B. MONROYO

From left TanHoldings vice president for Corporate Affairs and Human Resources Catherine Attao-Toves, Tan Siu Lin Foundation manager Merlie Tolentino, winners Roldan Pelagio and Bryan Valenton, and TanHoldings president Jerry Tan pose for a photo during the awards ceremony for the TanHoldings' Lose Big, Win Big (Saipan Edition 2) competition last Friday at the Nami Bar of Kanoa Resort.

"When we started with the contest, we never thought it would be possible to lose this big. But, we made progress each week as we follow a plant-based diet, exercise, and stay committed to the program. No meat, sweets, and dairy. We plan our meal three days ahead," said Pelagio when asked by Sablan about their struggles and successes during the three-month period. "It was tough, but through my partner's cooperation, we did it. We worked together."

When Pelagio and Valenton started the program in August, they had a total body fat percentage of 51.2, which they turned to 25.7 percent in final weigh-in. Pelagio tipped the scale at 198.9lbs with 22.9 percent body fat, while Valenton was heavier at 203lbs and 28 percent body fat. During the final weigh-in last Friday morning, Valenton is down to 165.4lbs with 16 percent body fat or a loss of 40 percent. Pelagio, on the other hand, dropped 60 percent body fat and now has 9 percent and weighs 160lbs.

Besides Pelagio and Valenton, TanHoldings and the TSL Foundation also recognized seven other teams during the awards ceremony and handed them cash prizes.

Team Bugbog of Gillian Lucero and Michael Ramilo combined for 35.8 body fat percentage and loss of 41.12 percent to take the runner-up prize of $3,000, while Alpha Pi Chupapi's Gian Flores and John Ray Lampano had a team body fat percentage of 33.2 and total drop of 25.56 percent to win $1,000.

Five other squads were awarded fourth place and each team received $200. Fried Pork Intestine's Patrick Castillon and Ronnel Mostales posted 24.86 percent body fat loss; Pussy Cats' Catlyn Gozum and Debbie Mahinay registered 24.04 percent; Pork and Chop's Jershwin Angeles and Liz Phan logged 24.03 percent; TRAC's Ricky Castro and Ronda Vernice recorded 23.79 percent; and the Survivors' Ann Quiocho and Maisselle Ramilo tallied 23.08 percent.

"The last time I weigh-in like this was when I was in high school," said Angeles, who started the program at 142.2lbs and now weighs 125.6lbs, losing 30.30 percent body fat.

"I wish there is a short cut, but there isn't, one really has to work hard to achieve your ideal weight," he added during the sharing portion at the awards ceremony.

Derek Cutting, owner of Latte Gym where the initial and final weigh-ins took place, was also present at the awards ceremony and urged all participants to continue their journey and even push themselves harder next time.

TanHoldings and TSL Foundation, which started the program last year, vows to continue the competition and hopes more and more people will participate in the event. More than 200 individuals joined the Saipan Edition of Lose Big, Win Big, while TanHoldings also has hundreds of participants in its corporate edition (for employees only).

"The Tan Siu Lin Foundation is one with the community in the promotion of good health and active lifestyle. Through our support to Lose Big, Win Big, we hope to encourage the community to give priority to their health by practicing proper nutrition and having a regular exercise and staying committed to their goal of living a healthy life not only for themselves, but also for their family members," Tolentino said.

"Congratulations for making it this far. You did it and TanHoldings is happy and proud to be part of this program as we all aim to have a productive, healthy, and active community members," Attao-Toves said.

Gauran, Camacho-Deleon Guerrero beat seed times

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

Saipan Swim Club's Sophia Gauran and Anthony Camacho-Deleon Guerrero surpassed their seeds times in a couple of races in the 2017 TAS Tigersharks Invitational Swim held early this month at the Taipei American School's Ira B. Weislow Aquatics Center in Taiwan.

Gauran got PBTs in the 100m individual medley and 200m freestyle, while Camacho-Deleon Guerrero had the same achievement in the 400m freestyle and 50m freestyle events.

Camacho-Deleon Guerrero raced in the boys 11 to 12 division and clocked in at 5:11.73 in the 400m freestyle race, eclipsing his seed time of 5:24.41 seconds. He also finished sixth among 10 swimmers who completed the 16-lap race. In the 50m freestyle, the 12-year-old swimmer timed in at 30.35 seconds, which is better than his seed time of 30.75. Camacho-Deleon Guerrero was ranked fifth out of the 19 swimmers that did the sprint event and was No. 9 overall in his age group after gaining 70 points.

In the girls 13 to 14 age group, Gauran made it to the podium (third place) of the 100m IM after checking in at 1:20.04—more than two seconds faster than her seed time of 1:22.15. Gauran bested 17 swimmers from Japan, Taiwan, Singapore, China, and Hong Kong in the four-lap event.

In the 200m freestyle, Gauran had a big drop after logging 2:30.16. Her seed time read at 2:45.65. The 14-year-old swimmer was ranked fifth out of the 17 swimmers in the eight-lap race and made it to the Top 10 of the overall standings in her age group. He finished ninth after collecting 73 points, just two points behind the three swimmers who tied for sixth to eighth place.

CONTRIBUTED PHOTO

Saipan Swim Club swimmers pose for a photo with one of Taiwan's tourist spots as their backdrop during a break in the 2017 TAS Tigersharks Invitational Swim held early this month at the Taipei American School's Ira B. Weislow Aquatics Center.

Meanwhile, David Boyer, Taiyo Akimaru, and Jinju Thompson also joined the meet in Taiwan held last Nov. 3 to 5 and had a couple of Top 10 finishes. Siblings Jinnosuke and Lennosuke Suzuki and Kaito Akimaru were also part of the team and made it to the Top 3 in the overall rankings to bring home high-point awards.

"The swimmers all swam well, many with multiple PBs and were super outside the pool as well. Despite the new experiences and challenges associated with competing abroad, they did great. This was the first meet for many in a different country so it was a great learning experience. The meet atmosphere was also much different from what they have experienced in the past, but again despite all the new experiences, they did an excellent job performing in the pool and being great ambassadors for the CNMI," SSC head coach Jacoby Winkfield said.

"SSC would like to thank Gov. Ralph DLG Torres for his support as stated in his letter to PSS. Thank you, too to the teachers and administrators who work tirelessly in educating our swimmers and to Marianas Visitors Authority and Pacific Islands Club for their continued support to the Saipan Swim Club. We would also like to acknowledge Mariana Resort for taking care of the Kan Pacific Pool and the many volunteers and parents of SSC for their sacrifice and support to the club," he added.

After US, Italy risks missing World Cup

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Harden lifts Rockets to victory over Grizzlies

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Kanoa dethrones Shirley's

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

Shirley's Football Club's long reign is over, after Kanoa FC eked out a 3-1 victory in the penalty shootout during their title game in the girls U15 division of the 2017 NMIFA Fall Youth League last Saturday at the Francisco M. Sablan Middle School Field.

ROSELYN B. MONROYO
Kanoa Football Club's Paulyn Joyce, third left, tries to break away from the defense of Shirley's FC's Joannah Carreon during their title game in the girls U15 division of the 2017 NMIFA Fall Youth League last Saturday at the Francisco M. Sablan Middle School Field.

Kristelle Itaas, Ericka Santiago, and Princess Alcantara delivered for Kanoa in the shootout, ending Shirley's streak in the division. The dethroned champion ruled the girls U15 age group for five straight seasons, while Kanoa earned its first division title in three years.

Kanoa seemed headed for an upset against the then unbeaten Shirley's after taking a 2-0 advantage at the break. Itaas scored for Kanoa in the 30th minute off a header from a Paulyn Joyce corner kick. The second goal came from Sharmaine Francisco, who was running toward the goal behind two Shirley's defenders and received a perfect pass from Joyce.

Besides its pair of goals in the first half, Kanoa dominated possession in the opening 35 minutes of play, as it capitalized on a shorthanded Shirley's crew. The many-time champion had only seven players at the start of the finale (six is the minimum allowed for the match to proceed). One more player then came in a few minutes later, but midway in the first half, Shirley's was down to seven anew, as Katherine Magat left the pitch due to an injury.

Magat returned to play in the second half and surprised everyone when she converted a long shot in the 41st minute to keep Shirley's in the game. Magat went for a lob and the ball hit the top center crossbar with Kanoa goalie Theresa Attao leaping in a bid to catch the leather, which eventually rolled down.

Another long shot—this time from Therize Millare—with about seven minutes left in the

See KANOA on Page 26

Black Mamba gains share of lead; Vendetta on a roll

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

Black Mamba moved on top, while Vendetta continued its spoiler role in the closing stages of the regular season of the 2nd Ali'i Blue Haus Invitational Basketball.

Black Mamba defeated White Haus, 90-79, for an 8-2 record and a share of the lead with idle Silencer last Saturday at the Gillette Multipurpose Gymnasium.

As expected, Alex Lauron and White Capalad teamed up in lifting Black Bamba no another win after scoring more than half of the squad's total points. Lauron sizzled

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ROSELYN B. MONROYO
Black Mamba's Alex Lauron goes up for a shot against Spigen's Gerald Aniciete in an earlier game in the IT&E-sponsored Ali'i Blue Haus caging. Lauron scored 31 points in their 90-79 victory over White Haus last Saturday at the Gillette Multipurpose Gymnasium.

Dizon, Quinn rule pre-HOM race

By JON PEREZ
jon_perez@saipantribune.com
REPORTER

Nap Dizon and Kanae Quinn overcame the challenges of their closest rivals to rule the 5PTS + 2 Pre-Hell of the Marianas yesterday.

The race, which started and ended in front of the Mariana Resort & Spa entrance, was divided into short and long courses in the road and mountain bike classes both in the men's and women's divisions. Dizon and Quinn went home with the men's and women's road bike crowns in the long course.

Dizon bested youngster Jerome Diyco and J.C. Libut. They were also the Top 3 finishers in last month's Bike For Life organized by Pacific Islands Club-Saipan with Dizon placing third behind the champion Diyco and the runner-up Libut.

This time, Dizon made sure the results will be in his favor, as he took advantage of his climbing skills to slowly pull away as the five-man lead

JON PEREZ
Nap Dizon raises his arms in celebration after winning yesterday's road bike event of the pre-Hell of the Marianas race in Marpi.

group—that also included Tyce Mister and Wynne Brillo—made its way to Radar Hill in As Matuis.

"I'm also a seasoned rider so I used my climbing skills in taking advantage of every situation. This is my preparation for the Hell of the Marianas and I am really satisfied in winning the race despite having a hard time training," said Dizon in between breaths after crossing the finish line.

"It's now hard for me to find the time to ride because I

See DIZON on Page 26